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September 2010
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healthy comfort food

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- The secret to homemade hummus
- 10 5-ingredient pasta dinners

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New ways to love cauliflower

5 spices to buy whole and grind at home

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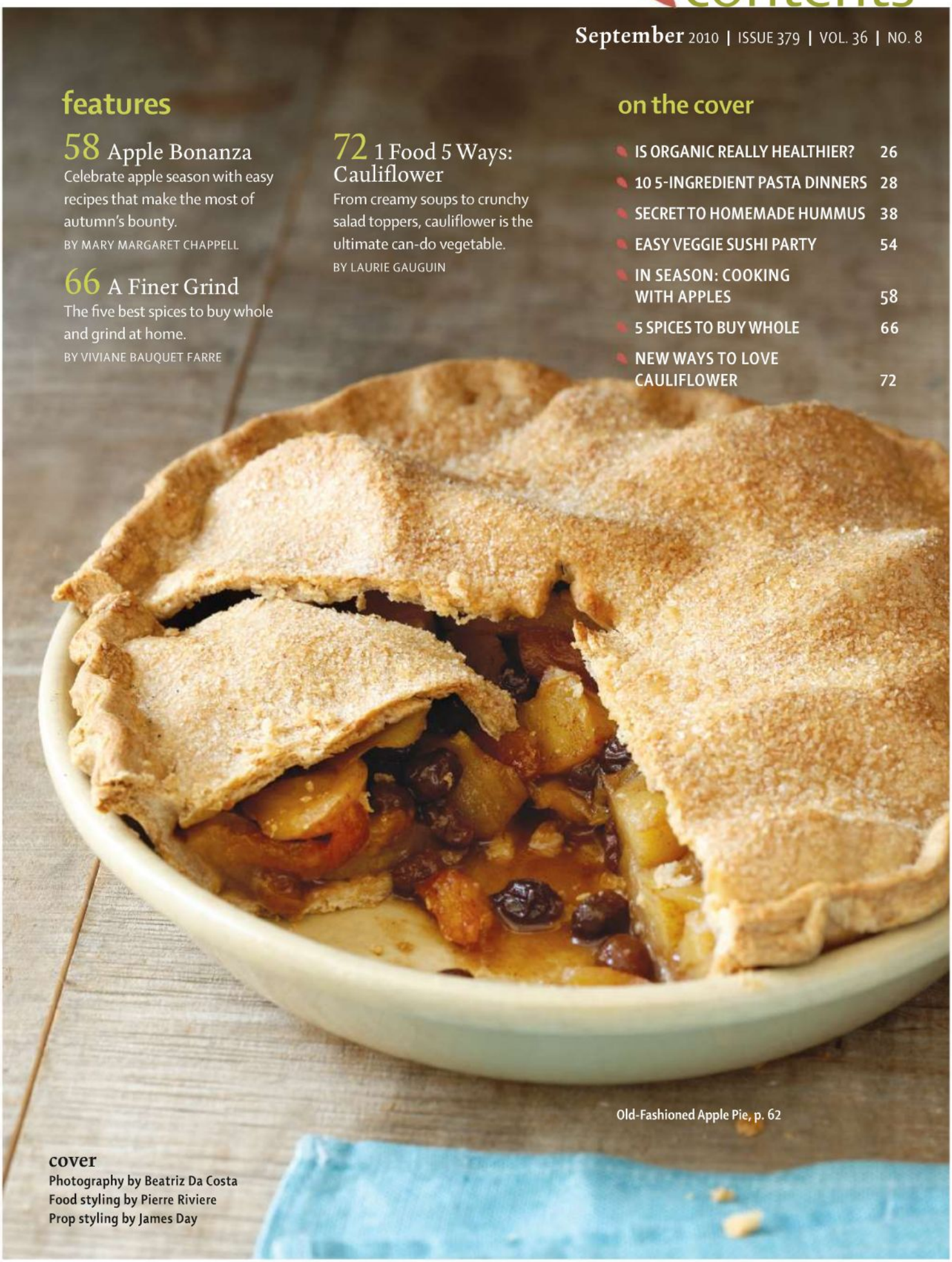

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organic matters

In our July-August issue's "Tell *VT*" we posed this question to readers: *What one produce item do you always buy organic, and what's your favorite way to prepare it?* (See p. 10 for some of our favorite responses.)

When I asked myself the same question, I realized I couldn't list just one item. There are at least 12 organic-or-bust foods on my fruit and veggie shopping list. You might know them by another name: The Dirty Dozen.

For years, the Environmental Working Group has been keeping the definitive "Dirty Dozen" list of the 12 fruits and vegetables most likely to be contaminated with pesticides. Culled from USDA and FDA data and presented side-by-side with a list of "Clean 15" foods with the lowest pesticide risk, it is perhaps the most useful shopper's cheat sheet ever invented. Both lists were just updated in June, and a few foods have shifted around in the rankings (see lists at right).

Reducing your exposure to pesticides isn't the only reason to choose organic—not by a long shot. In this month's Ask the Doc column (p. 26), Neal D. Barnard, MD, answers some important questions about what choosing organic really means for your health, and for the health of the planet. Food for thought.

Elizabeth Turner

UPDATE 2010

the dirty dozen

BUY THESE ORGANIC

1. Celery
2. Peaches
3. Strawberries
4. Apples
5. Blueberries
6. Nectarines
7. Bell peppers
8. Spinach
9. Cherries
10. Kale/collard greens
11. Potatoes
12. Grapes (imported)

the clean 15

LOWEST IN PESTICIDES

1. Onions
2. Avocado
3. Sweet corn
4. Pineapple
5. Mangoes
6. Sweet peas
7. Asparagus
8. Kiwifruit
9. Cabbage
10. Eggplant
11. Cantaloupe
12. Watermelon
13. Grapefruit
14. Sweet potatoes
15. Honeydew melon

Source: Environmental Working Group, 2010. For more details, visit foodnews.org.

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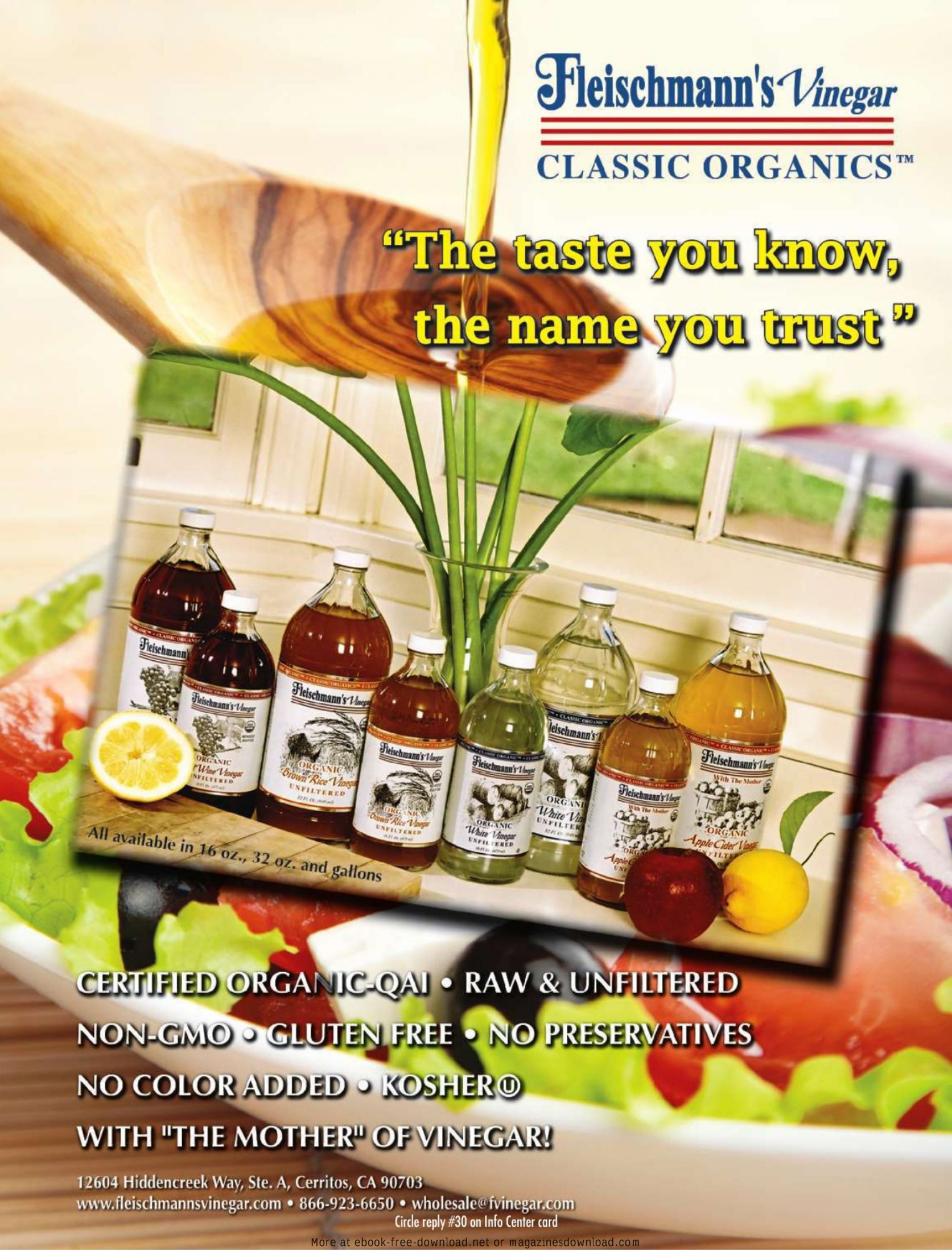

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contributors

Anna Monette Roberts
VT Editorial Assistant
"Taste Test: Give Me a Break," p. 16

What's your No. 1 pantry staple?
Lundberg brown rice. I buy it in bulk, yet I'm always running out of it.
What's your favorite piece of cookware?
My pressure cooker, for cooking soups, beans, and even the occasional artichoke in record time.
What fruit or veggie best describes you and why?
Avocado. I've got a tough core and thick skin, but I'm definitely a softy.
What is your most memorable dining experience?
Eating lunch with my sister and mom at Café Gratitude in San Francisco. The vegan tamales and mint chocolate chip shake were out of this world!

James Carrière
Photographer
"Hummus Perfection," p. 38

Who or what inspires you most?
Traveling. I can look around me and see its influence in all that I have done.
What's your No. 1 grocery splurge?
Exotic jams and preserves.
Are you a flinger or a measurer?
Both. I always start by measuring, but then I think I know better and often add a little bit more—except for baking, of course.
What's your No. 1 pantry staple?
Fleur de sel. The texture is beyond compare.
What is your most memorable dining experience?
French Laundry, hands down. A two-person team brought the truffle humidor to the table. I remember every detail, including the bill.

Pnina Ben-Daniel
Writer and Recipe Developer,
"Hummus Perfection," p. 38

Who or what inspires you most?
Amedeo Modigliani's artwork and my father.
What did you discover while on this assignment?
I discovered that recipes are science.
What's your most treasured family recipe?
Beets stuffed with rice and vegetables.
What's your No. 1 grocery splurge?
Organic goat cheese.
What is your most memorable dining experience?
My sister's wedding dinner. We had all of my grandmother's old recipes.

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letters

GOOD EATS ON DAD'S DAY

It's Father's Day, and I just finished making the Carolina-style Barbecue Sandwiches ("Dad's Day Afternoon," May/June, p. 57). I couldn't wait to tell you how delicious they are. The only substitution I made was using julienned strips of tempeh instead of seitan (because I prefer the texture of tempeh). This is the best *VT* recipe I have ever tried!

KAREN ANDERSON | MINNEAPOLIS

GO GREEN

Rhubarb is a rite of spring where I come from, so I was surprised when your article on rhubarb made no mention of the green variety (Peak Season, May/June, p. 12). Sure, ruby red rhubarb is beautiful and makes attractive desserts, but a popular green variety has winning qualities too. It is more flavorful, and grows much more prolifically. No, green pie isn't exactly attractive, but the flavor will blow you away!

JILL WIEST | LYKENS, PA.

THIS LITTLE PIGGY HAD PANCAKES

"B Is for Breakfast," indeed! Having run out of our usual pancake mix, we turned to The White Pig Blueberry Pancakes recipe for our morning eats (May/June, p. 68). Not only were they fun and easy to make, but also delicious and customizable for every dietary need. Please keep such great recipes coming!

LYDIA JOY LANGLEY | GARRISON, N.Y.

BAKING SODA BOO-BOO

I made your Gai Lan with Vegetarian Oyster Sauce from the April issue (DIY Dim Sum, p. 74), and it was fantastic, but I was curious as to why you called for the addition of baking soda to the cooking water. My best friend from college is of Chinese descent, and I had never seen her parents cook this way. I recently visited them, and her mother said that baking soda helps vegetables keep their color, but destroys a lot of the vitamins. I checked this out, and sure enough, found many Web sites indicating that adding baking soda was an old practice, but is now frowned upon.

JENNY BIRNBAUM | VIA E-MAIL

Editor's Note: Thanks, Jenny, for pointing that out. Recipe developer Melynda Saldenais learned the baking soda trick when she worked in a Chinese restaurant many years ago. "I was taught that it helped to tenderize the gai lan and keep it green," says Saldenais.

But times have changed. "An alkaline, such as baking soda, does intensify the green chlorophyll of the gai lan or broccoli, but it also destroys the vitamin C in the food (and thiamin in other foods, such as beans)," says Sarah Krieger, MPH, RD, LD/N, spokesperson for the American Dietetic Association. "Nutritionally, you are better off blanching the veggies and then quickly stir-frying them with the remaining ingredients," she says.

For the Record: The Raspberry Buckle recipe from our April issue ("Sweetness & Light," p. 53) contained conflicting amounts of margarine or butter. The correct amount is ¼ cup, which is only half of a stick of margarine or butter.

tell *vt* What one produce item do you always buy organic, and what's your favorite way to prepare it?

I buy only local, organic peaches. I use them to make everything from salsa to cobbler, but my favorite is a peachy green smoothie using four ripe peaches blended with a big handful of spinach. —JENN

I always buy organic apples. They are great to put in my juicer, make yummy desserts with, or just eat plain. —KRISTA

Avocados for vegetarian Reubens ... so good! —LISA, VIA FACEBOOK

Tomatoes. My favorite way to eat them is raw on a cracker/crusty bread with basil, cheese, and olive oil. —MELISSA, VIA FACEBOOK

Spinach, romaine lettuce, and blackberries. My mom grows the first two, and gathers berries growing wild. I love putting all three together in a salad with a little vinegar and oil. —ASHLEY, VIA FACEBOOK

I *must* have kale. I sauté chopped onions and garlic in olive oil, and add sliced red and yellow cucumber and mushrooms. Season with vege-sal and pepper. —MIA

next question:

What cooking practice really spooks you out, and why?

Visit vegetariantimes.com/tellvt to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of *VT*.

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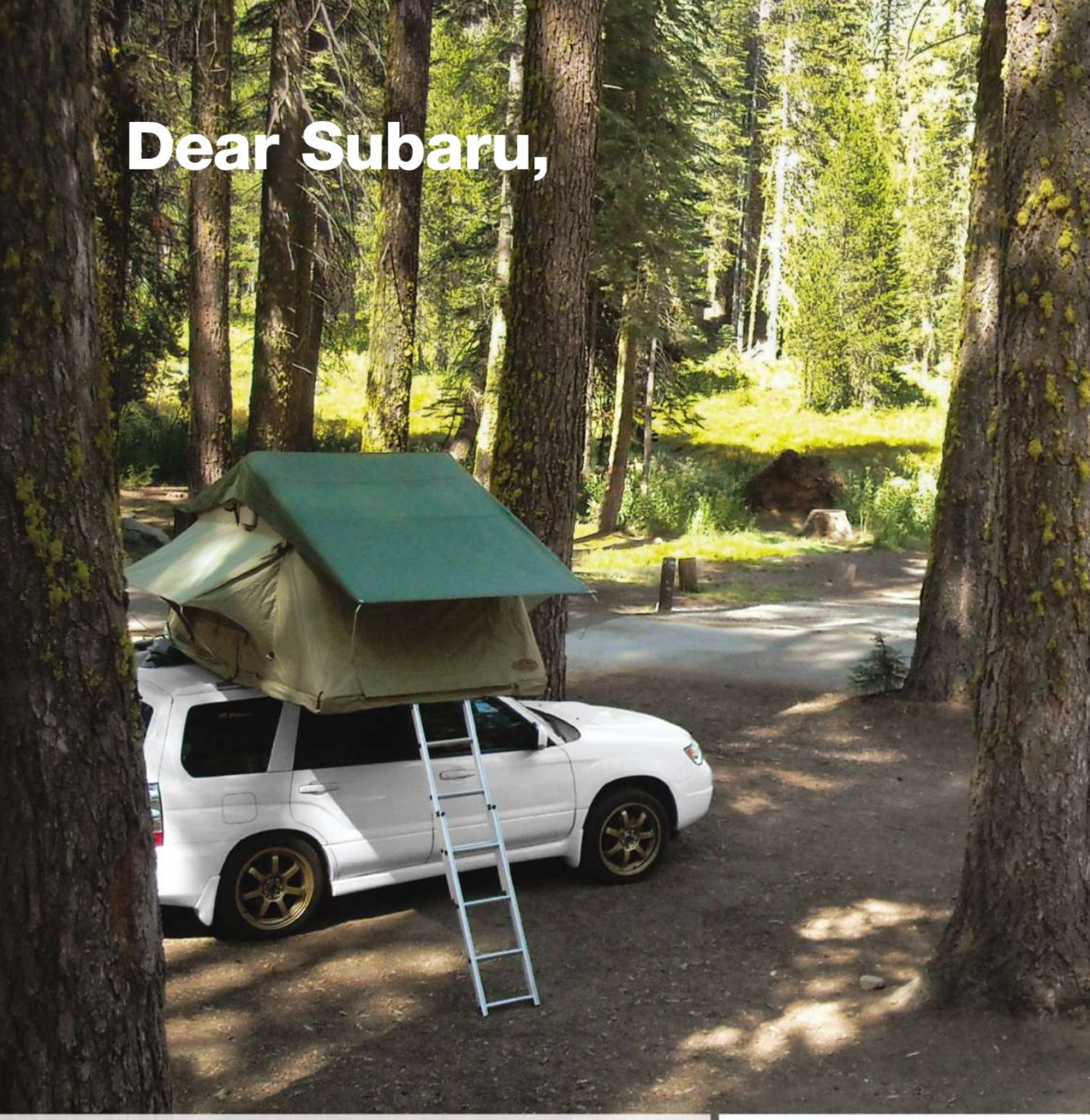

"Instead of rushing my road trip from Texas to Oregon, I decided to buy a rooftop tent and take the long way. Nothing beats filling the Subie with stuff I like and pointing the hood scoop down a road I've never seen before." –Jay J., Pflugerville, TX.

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SHARE: Reader Recipe

Red Pepper Tamales

MAKES 18 TAMALES

"Tamales are a great way to get families together," says Judy Harradine of Sacramento, Calif. "Assembling the tamales ends up being as much fun as eating them." Recently retired after 45 years of nursing, Harradine now devotes more time to her favorite hobbies: cooking, knitting, and swimming.

DOUGH

- 2 cups masa harina
- 6 Tbs. cold unsalted butter, cut into pieces
- 3 Tbs. sugar
- 2¼ tsp. salt
- ½ cup low-sodium vegetable broth
- 3½ cups white or yellow corn kernels
- 1 cup grated low-fat sharp Cheddar cheese
- 1 tsp. active dry yeast
- ⅛ tsp. black pepper

FILLING

- 2 Tbs. vegetable oil
- 1 medium sweet onion, chopped (1½ cups)
- 1 large tomato, diced (1 cup)
- ½ cup diced red bell pepper
- 1 4-oz. can roasted green chiles, partially drained
- 1 cup white or yellow corn kernels
- 2 cloves garlic, minced (2 tsp.)
- ½ tsp. smoked paprika
- ½ cup reduced-fat sour cream
- 6 oz. crumbled low-fat feta cheese
- 32 dried corn husks

1. To make Dough: Blend masa harina, butter, sugar, and 1 tsp. salt in food processor until coarse meal forms. Add broth, and blend until dough forms. Transfer mixture to medium bowl. Place 2½ cups corn kernels, cheese, yeast, pepper, and remaining 1¼ tsp. salt in food processor, and pulse until coarse purée forms. Stir purée and remaining 1 cup corn kernels into masa mixture.

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2. To make Filling: Heat oil in large skillet over medium heat. Add onion, tomato, and bell pepper; sauté 5 to 7 minutes, or until onion and bell pepper are soft. Stir in chiles, corn, garlic, and paprika, and season with salt and pepper, if desired. Cook 1 to 2 minutes more, then cool. Once mixture is room temperature, stir in sour cream and feta. (If mixture seems too runny, add masa.)
3. Meanwhile, soak corn husks 1 hour in large pot of cold water. (Weigh husks down with plate to keep submerged.) Drain husks, and pat dry. Overlap 2 husks with short sides near you on work surface. Spread 2 Tbs. Dough on husks, leaving ½-inch border on left side. Add 2 Tbs. Filling in center. Fold up bottom, then right side over Filling; fold up left side to enclose. Tie with twine. Repeat with remaining ingredients.
4. Stack tamales in large steamer. Steam 1 to 1½ hours. Remove from heat, and let cool in steamer before serving to allow masa to set.

PER TAMALE: 194 CAL; 7 G PROT; 9 G TOTAL FAT (4 G SAT FAT); 25 G CARB; 18 MG CHOL; 495 MG SOD; 3 G FIBER; 6 G SUGARS GF

FAB 5

We only print recipes we think are terrific, but each month we always have a few favorites. These are our top five from this issue:

1. Fusilli Bucati Lunghi with Roasted Red Pepper Sauce, p. 36
2. Carrot Soup with Fennel Pesto, p. 68
3. Sweet Potato Wedges with Cider Reduction, p. 64
4. Soy Simmered Shiitake Mushrooms, p. 56
5. Classic Hummus, p. 40

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THIS. JUST. IN.

EDITED BY Amy Spitalnick

Need-to-know info about your health, diet, mind, body, and the world you live in

PEAK SEASON

jicama

Combining a hint of apple flavor with the crunch of water chestnut, jicama (HEE-kah-mah) lends juicy refreshment to early fall dishes. Varying in size from a few ounces to 6 pounds, this globe-shaped root veggie is sourced from a tropical plant native to Mexico and South America. Despite a high starch content, it's surprisingly low in calories.

MIKE LORRIG

HOW TO SELECT AND STORE
Choose plump, firm jicama with thin, light-brown skin. Pass up jicama that's sticky to the touch or that appears wrinkled, cracked, or discolored. Store uncut for up to three weeks in a cool, dry place to avoid mold. Peeled, sliced jicama can be refrigerated for a day or two in water; to prevent browning, add a squeeze of lemon or lime juice.

PREP TIPS Be sure to remove jicama's tough skin, preferably with a chef's knife. Jicama is most commonly eaten raw, though thanks to its high fiber content, it's able to maintain its shape and crunchiness when steamed, braised, or sautéed. Jicama's subtle flavor pairs well with bold flavors, such as citrus, smoky chiles, or tropical fruits.

TRY THIS!

- **Cut** matchstick size, and serve with guacamole.
- **Dice,** and combine with fresh mango, scallions, lime juice, and mint for a lively salsa.
- **Quick-pickle** with red onions in your favorite vinegar, with a bit of sweetener added.
- **Julienne,** then stir-fry with garlic, ginger, snap peas, carrots, and red bell peppers.
- **Braise** with garlic in white wine, and finish with thyme.

—ELLIOTT PRAG

+TRY THE "JICAMA SALAD WITH CILANTRO AND CHILES" ON VEGETARIANTIMES.COM.

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[Q&A] FRESH TALENT

Now a regular on TNT's *HawthoRNe*, Vanessa Lengies went veg in 2008, after a friend on the set of the A&E series *The Cleaner* hipped her to the health risks of eating meat. We talked with the 25-year-old actress, who appears in the September release *My Suicide*, about her newfound avocado obsession and experimenting with other veg fare. —ELIZABETH BARKER

Q How has your diet evolved since you first became veg?
A Initially I just bought all the packaged veg foods I could find. But pretty soon I got a stronger sense of what I should be eating, and I started making meals with fresh ingredients. One of my favorite dishes is roasted vegetables—I just put the veggies in a pan, then toss them with some olive oil, garlic, and salt before roasting. And I was never a fan of avocados, but now I love to slice them open and add a little olive oil and balsamic vinegar, or honey and salt.

Q Is it hard to stick to being vegetarian on set?
A There are a lot of vegans and vegetarians on the set of *HawthoRNe*, which has encouraged craft service to add hummus and vegetable platters. They definitely make sure we're well fed and not just getting by on chips.

Q What's your advice for vegetarians looking to liven up their diets?
A It's great to keep experimenting. A little while ago my roommate and I cooked only Thai food for a week, trying out recipes with really yummy stuff like green papaya. And right now I'm getting into raw foods—it seems like a natural progression, since fresh fruits and veggies are such a focus for me.

COLLIN STARK

[TASTE TEST]

give me a break

No need to resort to snacks with added sugar on busy back-to-school days. Count on wholesome satisfaction with these *VT*-staffer-approved fruit-and-nut bars. —ANNA MONETTE ROBERTS

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Probar Fruition Peach	Flavorful peaches plus crunchy, omega 3–rich chia seeds	$2.29/1.7 oz.; theprobar.com
Clif C Raspberry	Macadamia nuts topped with sweet, antioxidant-rich raspberry purée	$1.39/1.4 oz.; clifbar.com

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[SCI FIND]

convenience food

Getting school kids to eat more salad doesn't have to be rocket science, suggests research from Cornell University. Researchers found that simply moving the salad bar to a more prominent spot in a middle school cafeteria—out about four feet from against a wall to directly in front of the cash registers—resulted a year later in sales of various selections increasing up to 300 percent.

TO LEARN MORE about low- and no-cost solutions to mindless eating in schools, check out smarterlunchrooms.org.

45

The percentage of U.S. adults with at least one of these chronic conditions: hypertension, high cholesterol, or diabetes.

[Source: Centers for Disease Control and Prevention]

COURTESY TIMBER PRESS

ILLUSTRATION: AYA KAKEDA

SCHOOL GARDENS 101

"Plant enough to share with the inevitable critters that will take up residence (a little tolerance is a good thing)." This is just one of the down-to-earth bits of advice offered by Arden Bucklin-Sporer and Rachel Kathleen Pringle in their engaging, practical primer *How to Grow a School Garden: A Complete Guide for Parents and Teachers*. Here, a few of their tips on getting started.

1. Recruit a diverse group of people for your school garden committee, including landscapers, contractors, teachers, and local businesspeople. Involving teachers will ease the process of gaining support for the project from the school administrator.

2. Scout out a site for the garden that has at least six hours of good sunlight a day. Locate a nearby water source, and make sure the spot doesn't conflict with school PE programs.

3. Pursue start-up funding with the parent association at your school, and approach local businesses for in-kind support such as tools, seeds, soil, or plants. You may be able to get small grants from home improvement chains such as Lowe's or Home Depot.

EXTRA CREDIT For additional information and advice, Bucklin-Sporer and Pringle recommend these online sources (along with their own howtogrowaschoolgarden.com):

- California School Garden Network (csgn.org)
- Chicago Botanic Garden, School Garden Wizard (schoolgardenwizard.org)
- National Gardening Association, Kids Gardening (kidsgardening.com)

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NATURAL Rx

Problem: Premenstrual Syndrome
Solution: Chaste Tree Berry
The scoop: Once believed to promote chastity, the peppery berries of the flowering chaste tree may offer a remedy for PMS. A study published in *Gynecological Endocrinology* found that taking *Vitex agnus-castus* extract significantly reduced cramping, moodiness, bloating, and food cravings in women by their third menstrual cycle. Many women don't ovulate regularly—and that can cause PMS, explains Mark Stengler, NMD, author of *The Natural Physician's Healing Therapies*; chaste tree evidently stimulates the release of hormones that trigger ovulation, which increases levels of PMS-fighting progesterone. Women on the Pill—which halts ovulation—should switch to another form of contraception before trying chaste tree.

What to look for: Stengler recommends taking 160 to 240 milligrams of standardized chaste berry extract, or 40 drops of the herbal tincture, daily for four to six months.

—RACHEL DOWD

TRY: Vitamin Shoppe Chasteberry (Vitex) Extract, $11.99/100 veg caps, vitaminshoppe.com; Gaia Herbs Chaste Tree Berry, $8.90/1 oz., iherb.com

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THIS JUST IN

GERASIMOS DOMENIKOS
COURTESY INTERNATIONAL COASTAL CLEANUP

MAKE 9/25 A BEACH DAY

Celebrate the 25th anniversary of the International Coastal Cleanup by taking part in this annual effort to collect trash threatening our marine ecosystems. Last year, volunteers helped release 120 animals entangled in debris—including fishing lines and nets—and swept up enough cups, plates, forks, knives, and spoons to provide a full set of dinnerware for more than 100,000 people. To delve deeper into the causes of ocean pollution, and to sign up for the September 25 event, visit oceanconservancy.org.

NOTE: To ensure their safety, volunteers will participate along inland waterways wherever coastlines continue to be blighted by the oil spill in the Gulf of Mexico.

organic essentials

Add to the list of organic goods you can welcome into your life the 25 essential oils now available from Aura Cacia. The organic line, which includes lavender, eucalyptus, peppermint, and tea tree, is USDA-certified to be free of synthetic pesticides, herbicides, fungicides, and processing agents. Plus, Aura Cacia's 1% Fund program returns 1 percent of organic-essential-oil sales to farmers and communities. "Money from the fund is used for everything from supporting education in the community, to larger initiatives such as providing funding to improve organic farming operations or improving the water supply to the whole community," says the company's senior brand manager, Jane Merten. Besides the U.S., source countries include Morocco, Sri Lanka, and the Ukraine. $5.15–$19.55/0.25 oz.; auracacia.com

$24.8 billion

Sales of organic foods in 2009, up from the $6.1 billion reported in 2000. [Source: Organic Trade Association]

More at ebook-free-download.net or magazinesdownload.com

ask a chef

Jona Silva knows a thing or two about keeping customers satisfied. Helming the kitchen at vegetarian standby Blind Faith Café in Evanston, Ill.—a Certified Green Restaurant—he recently revamped the eatery's 30-year-old menu by spotlighting the full flavor of local produce. We asked chef Silva **how he satisfies guests' meat cravings using only whole plant foods.** —MARLA SEIDELL

What people often miss from eating meat is that lingering feeling on the tongue. When you make a sauce, thicken it with arrowroot to get a nice texture that lingers. Also, try using nuts—they're overlooked ingredients in American cooking. Nuts do have fat, but they also have that rich flavor and dimension that can be missing in vegetarian cooking. Smoking your vegetables also adds rich flavor; I add flavor with fresh herbs as well. I like mixing herbs such as mint, parsley, and cilantro together—it creates an aromatic, flavorful composition. Toss in the herbs right at the end—30 seconds before the end of cooking time—to finish a dish.

COURTESY JONA SILVA

Sagamité, a Native American dish that chef Jona Silva prepares with hominy and regional veggies, satisfies with flavors from a variety of vegetable families.

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BY Gabrielle Harradine

CEREMONIAL SIPS

Set the scene for a green tea gathering

The traditional Japanese green tea ceremony features matcha, which comes in powdered form, so you need to scoop it, then whisk it into hot water. The event usually takes place in a special room called a *chashitsu*, and the preferred number of guests is four, but don't let that stop you from having fewer—or more.

TEA
Ito En Matcha-Hojin No Shiro, a light-bodied matcha, serves up high-grade taste. $27/1.4 oz.; itoen.com

SCOOP & WHISK
The Chasen (Green Tea Whisk) and Small Scoop from Think Bamboo are the ideal tools to mix up your matcha. $11.88/set of 2; amazon.com

POUR
The Republic of Tea Green Water Bead Ceramic Teapot has a sturdy cast iron handle for elegant and safe hot water serving. $33; republicoftea.com

DRINK
Offer each guest one of these quaint Mini Tea Bowls for imbibing their matcha. $24.95/6 cups; ziji.com

GOOD GUY!

SERVE
Perfect for serving, the bambu Large Oval Tray is made from certified-organic bamboo using fair-trade practices. $33.95; bambuhome.com

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PHOTOGRAPHY Mike Lorrig STYLING Jules Moore

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BY Elizabeth Barker

« 1

1. Soften and hydrate your locks by massaging in just a dab of **Dr. Bronner's Lavender Coconut Hair Conditioner & Style Creme** ($7.99/6 oz.; drbronner.com), a leave-in formula with organic hemp and jojoba oils and fair-trade coconut.

5"

5. **Aubrey Organics NuStyle Organic Hairspray** ($9.95/5 oz.; aubreyorganics.com) owes its supple holding power to organic quinoa protein, a natural fixative and hair strengthener.

« 2

2. **Intelligent Nutrients Certified Organic Hair & Scalp Treatment Oil** ($34/1.3 oz.; intelligentnutrients.com) heals dry, damaged tresses with an antioxidant-charged blend of organic oils.

4"

4. For help in styling tough-to-tame hair, turn to **Revolution Organics All-Over Body Balm** ($28/0.5 oz.; bigelow chemists.com), a head-to-toe moisturizer rich in olive oil and cocoa and shea butters.

3"

3. A leave-in treatment packed with organic essential oils, **John Masters Organics Dry Hair Nourishment & Defrizzer** ($16/0.5 oz.; johnmasters.com) tackles hair and scalp ills from dryness and frizz to dandruff and dullness.

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A RETURN TO ROOTS

Treat your hair to organic ingredients

Get back to basics with a host of treats for your tresses that favor organic ingredients. Sustainable botanicals care for your hair in a way that toxic chemicals arguably can't, says Julie Ebner, owner of Philadelphia-based Juju Salon and Organics. What's more, choosing organic hair-care goods supports farming practices that nurture the Earth.

PHOTOGRAPHY Pornchai Mittongtare

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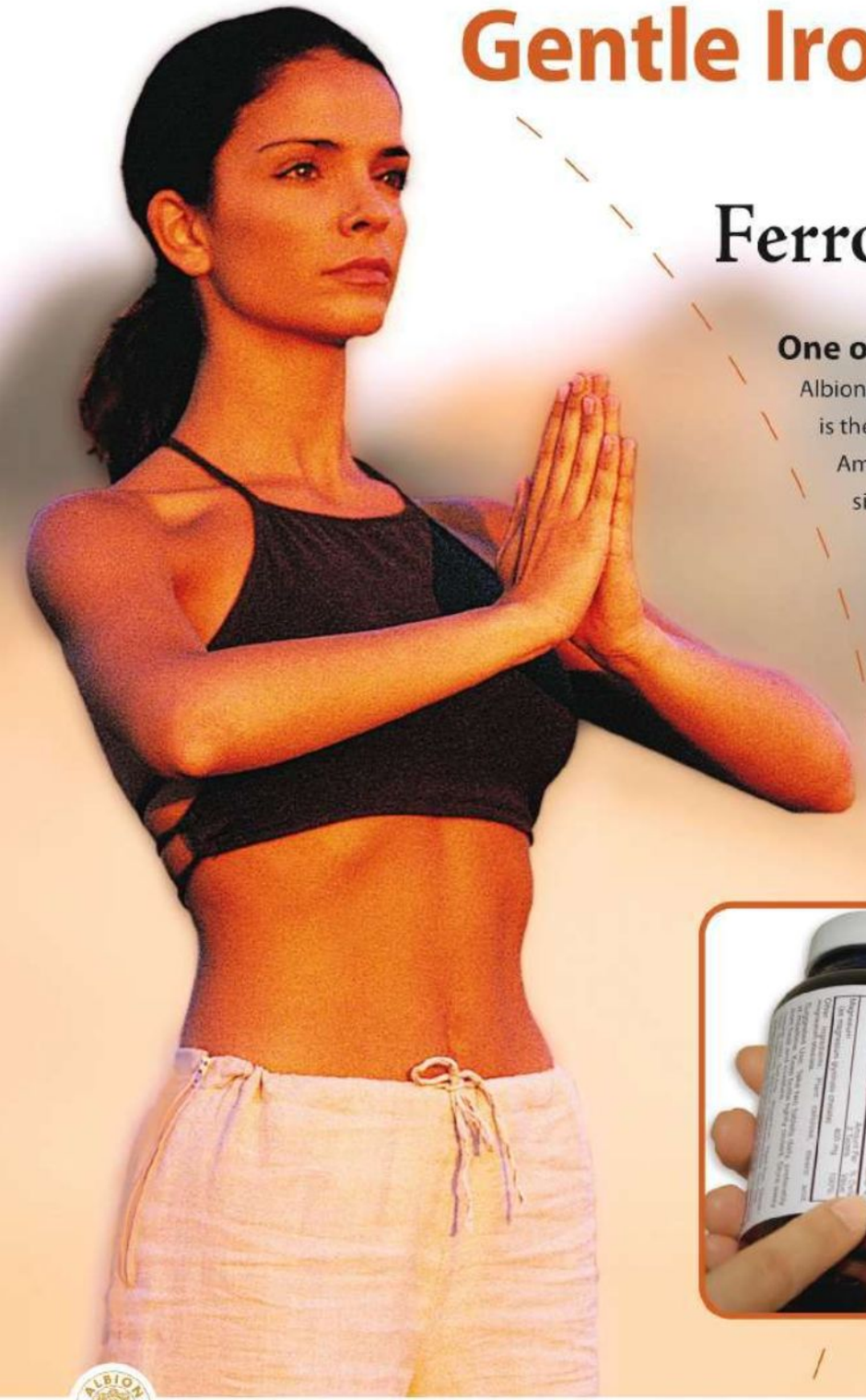

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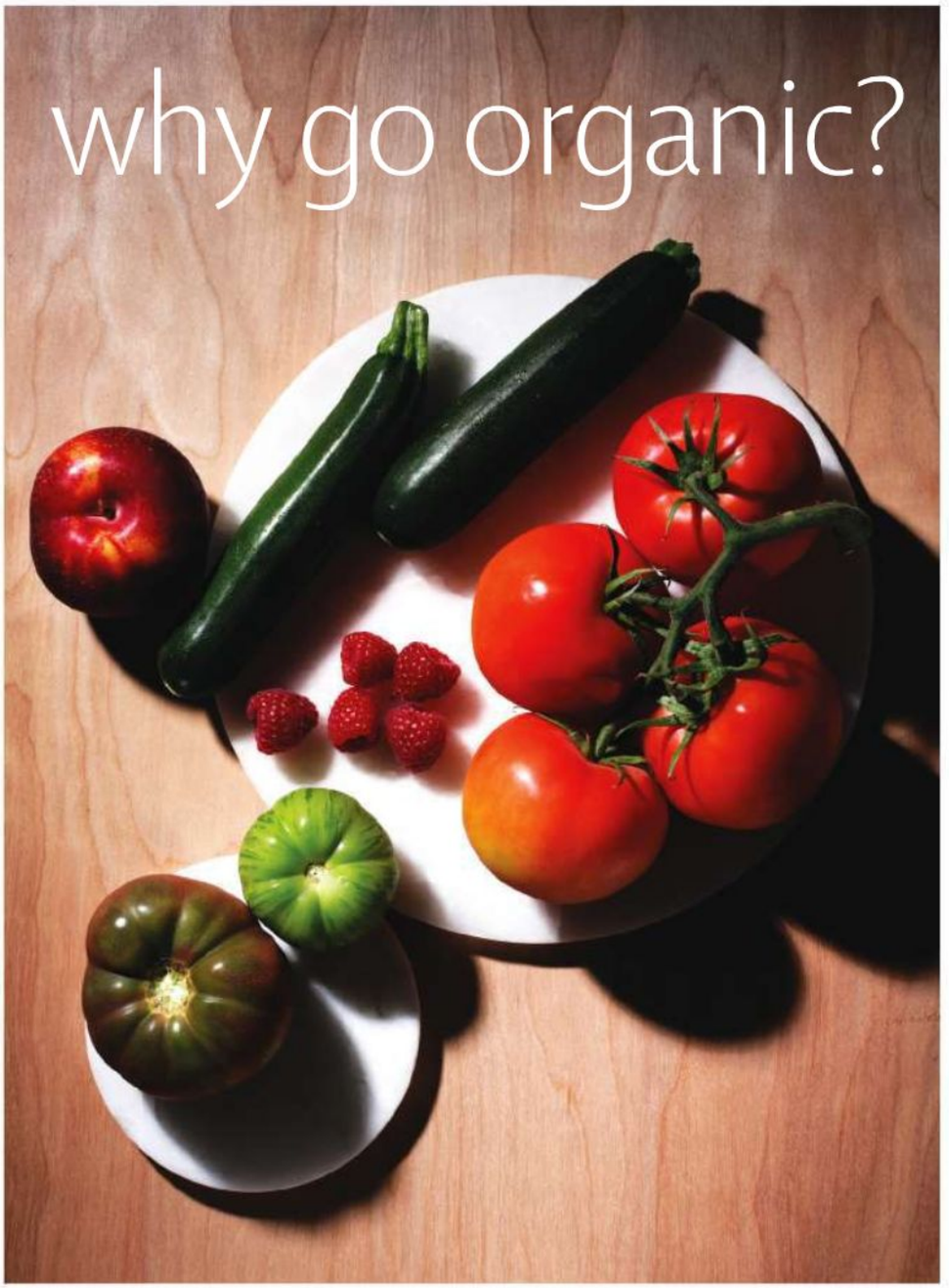
BY Neal D. Barnard, MD

why go organic?



clean up your diet, clean up the planet

Q Is organic food better for me?

A Yes. By choosing organic, you'll go a long way toward reducing your exposure to chemicals.

In the world of food production, "organic" does not refer to organic chemistry, organic matter, or any other such thing. The term was coined by English agriculturalist Walter James in the mid-20th century to reflect the sense that a farm is like a living organism. Today, government regulations define organic to mean that the use of pesticides, insecticides, herbicides, and other chemicals is avoided or greatly restricted. In the United States, the National Organic Program of the USDA sets standards for organic agriculture. Other countries have similar bodies.

If a fruit or vegetable is grown in accordance with government organic standards, it can bear the USDA Organic label. For food products that contain multiple ingredients, such as crackers or frozen foods, you'll see one of three different labels:

- "100% Organic" means that the product (by weight or volume) contains only organic ingredients.
- "Organic" means that 95 percent of a product consists of organically produced ingredients.
- "Made with Organic Ingredients" means a product contains at least 70 percent organic ingredients.

The big advantage to choosing organic food is that it is much lower in chemical residues. This makes a real difference for certain fruit and vegetable crops that are heavily treated with pesticides. According to the Environmental Working Group, these include celery, peaches, strawberries, apples, blueberries, nectarines, bell peppers, spinach, kale, cherries, potatoes, and imported grapes. If you eat any of these foods, buying organic is smart.

On the other hand, the difference between organic and "conventional" is not as great for onions, avocados, sweet corn, pineapples, mangoes, sweet peas, asparagus, kiwifruit, cabbage, eggplant, cantaloupe, watermelon, grapefruit, sweet potatoes, and honeydew melon.

The second advantage is that fewer chemicals used in growing means fewer chemicals ending up in rivers and streams. Worldwide, 6 billion pounds of pesticides are applied to food crops every year. Going organic makes agriculture healthier, not just for you, but for everyone downstream from where crops are grown.

So, organic produce is better for you and for the environment.

PHOTOGRAPHY Mike Lorrig

STYLING Andrea Kraus

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Q What about genetically modified organisms?

A USDA regulations bar the use of organic labeling for GMO foods. Farmers who aim to produce new varieties must do so with traditional hybridization techniques.

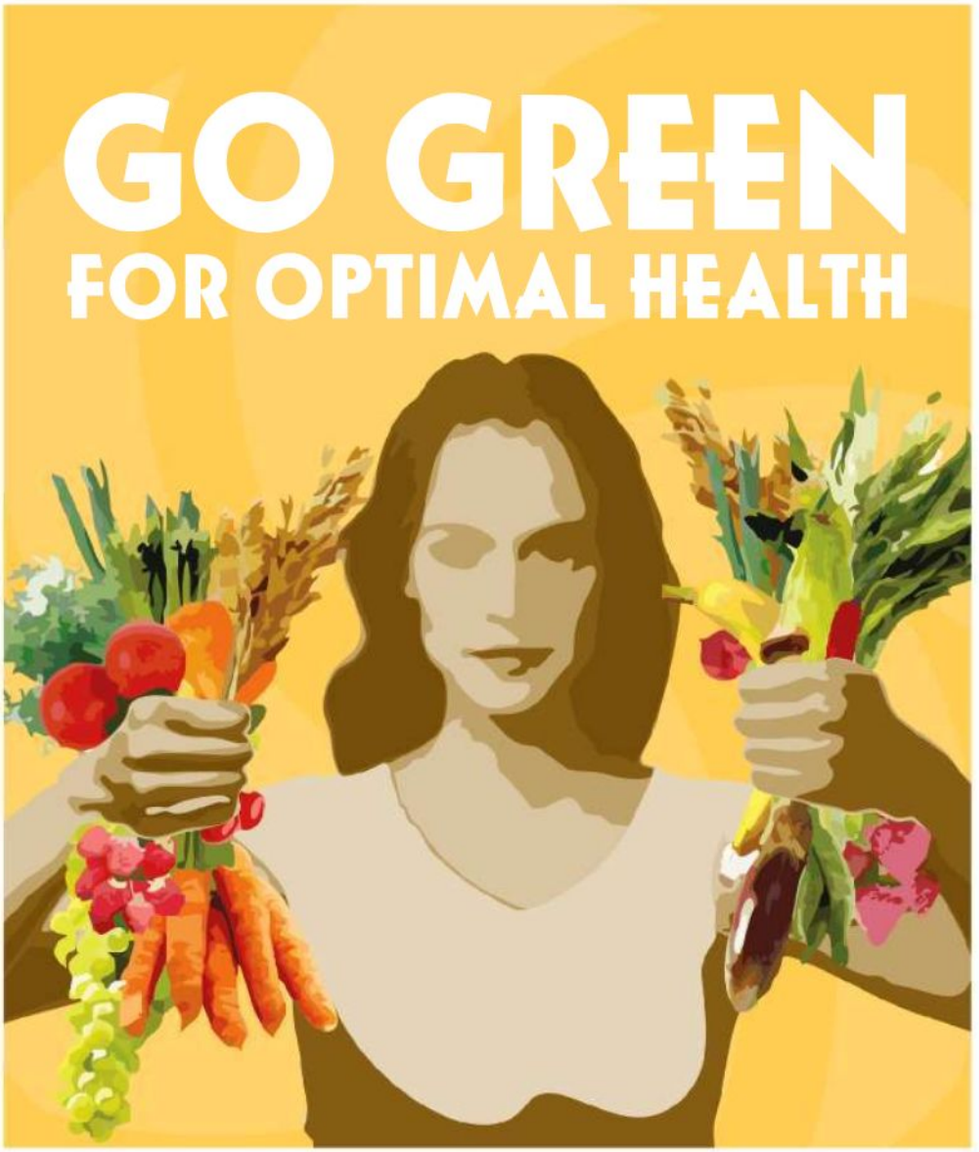
Q Is organic food more nutritious?

A Well, that's another matter. A 2009 report commissioned by the United Kingdom Food Standards Agency analyzed the results of 55 previous studies. The report found that nutritionally, organic and "conventional" produce was pretty much the same. In other words, an organic apple or carrot may be free of contaminants and might help the Earth breathe easier, but it is not likely to give you more vitamins and minerals, compared with "conventionally" grown produce.

The USDA sets standards for organic production of animal products too. They require that commonly used agricultural chemicals not be administered at all or, in some cases, that a washout period be observed before meat or milk from a treated animal can be sold. While reducing these chemical residues is a good idea, the health risks commonly attributed to animal products (e.g., heart disease, weight problems, and diabetes) are linked to fat and cholesterol, not to chemical residues. So going organic will not help you there. And, of course, organic regulations do not require that the animals be treated well.

Bottom line: buying organic produce is a good idea, especially for fruits and vegetables that are commonly treated with pesticides.

Neal D. Barnard, MD, lives in Washington and always buys organic.



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BY Mary Margaret Chappell

primo pasta

10 outrageously easy 5-ingredient dinners

When time's short and it's been a long day, most of us turn to one of the quickest dinner options around: pasta. And while there's nothing wrong with mac-and-cheese or spaghetti and store-bought sauce, you can just as easily make something much more memorable. These 10 five-ingredient recipes show how fun shapes and tasty flavor combinations can turn everyone's favorite fallback food into enticing entrées you'd be proud to serve at a dinner party.

Linguine in Lemon Cream Sauce

SERVES 4 | 30 MINUTES OR FEWER

The Italian version of this dish calls for heavy cream, which we've replaced with equally rich-tasting light cream cheese.

- 8 oz. dry linguine
- ½ cup light cream cheese
- 2 Tbs. olive oil
- 1 lemon, juiced and 1 Tbs. zest grated
- ½ cup chopped parsley

1. Cook linguine according to package directions in pot of boiling salted water. **2.** Warm cream cheese, oil, and 2 Tbs. lemon juice in saucepan over low heat. **3.** Drain pasta, reserving ½ cup cooking water. Stir reserved cooking water into cream cheese mixture. Add pasta, lemon zest, and parsley; toss to coat. Season with salt and pepper, if desired.

PER 1-CUP SERVING: 343 CAL; 11 G PROT; 14 G TOTAL FAT (5 G SAT FAT); 45 G CARB; 21 MG CHOL; 294 MG SOD; 2 G FIBER; 4 G SUGARS

LINGUINE IN LEMON CREAM SAUCE

PHOTOGRAPHY: BEATRIZ DA COSTA

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But forty is when we begin to realize that the spring and summer of youth are over. We start to look for signs of the coming autumn. We search for that occasional grey hair. We wonder if that really is a little bulge beginning in our stomach and we weigh ourselves more often. Every rocket has its trajectory. It shoots upwards with limitless power, reaches an apex – hangs for a while and begins to decline.

WHAT ARE "FREE RADICALS"?

While there are many contributing causes of aging, one receiving great attention in the scientific community is the danger to our cells posed by **"Free Radicals"**. These are a class of highly corrosive oxidizing molecules that are fragmented and unstable. They have unattached electrons which cause them to attack cells in order to complete themselves. They react with essential bio-chemicals in the cells – rendering them useless – or they may modify the DNA in our cells which contains the program of cell reproduction. **"Free Radicals"** have been identified as a contributing factor in arthritis and are suspected of being the mechanism by which dormant cancer cells could become activated. Our main defense against the degenerative effects of **"Free Radicals"** is a group of molecules called ***antioxidants***. These are known as ***"Free Radical Scavengers"***. They attack, neutralize and render the **"Free Radicals"** harmless. Among the primary ***antioxidants*** are Vitamins "E" and "C", Beta-carotene, Selenium and other nutrients, all of which are found in effective quantities in ***OVER 40™***

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The control of the ***immune system*** lies in the thymus gland. The enzymes it produces govern the production of white blood cells known as "T" cells – the real fighters of the defense system. There are three types of "T" cells:- ***"Killer cells"*** that attack and destroy foreign organisms and cancer cells; ***"Helper cells"*** that aid in the production of antibodies and ***"Suppressor cells"*** that prevent the immune system from attacking one's own tissue.

Other danger areas, as we grow older, are the ***intestinal tract*** and the ***colon***. Here, nutrients are absorbed, vitamins manufactured and poisons dumped for disposal. The health of the body depends on the proper functioning of the intestines. A smooth flow must be maintained and a flora of ***"friendly" bacteria*** must remain present. Each portion of ***OVER 40™*** supplies a million or more units of the important bacteria ***"acidophilus"*** – the active ingredient in yogurt.

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PASTA POSSIBILITIES

To jazz up simple suppers, have an assortment of pasta shapes and sizes on hand. And don't hesitate to spend a little more on premium brands (they're still relatively inexpensive)—you can really taste the difference.

Rocchetti | Rotelle | Orecchiette | Orzo

Farfalle

Fusilli bucati lunghi

Spaghetti

Linguine

Rotelle with Tomato-Tofu Carbonara and Fresh Basil

SERVES 4 | 30 MINUTES OR FEWER

Serve this dish hot—the tofu sauce may lose its creaminess as it cools.

- 4 oz. Italian-style baked tofu, diced
- 1 Tbs. olive oil
- 3 medium tomatoes, coarsely chopped, divided (3 cups)
- 8 oz. dry rotelle pasta (2 cups)
- ½ cup torn basil leaves

1. Place tofu, oil, 1 cup chopped tomatoes, and ½ cup hot water in bowl of food processor. Purée 3 minutes, or until mixture is smooth, scraping down sides of bowl as needed. Thin with more water, if necessary, to achieve consistency of sour cream. Set aside.
2. Cook pasta in large pot of boiling salted water according to package directions. Drain, and return to pot. Stir in tofu mixture. Stir in remaining 2 cups tomatoes and torn basil leaves. Season with salt and pepper, if desired.

PER 1-CUP SERVING: 322 CAL; 16 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 49 G CARB; <1 MG CHOL; 202 MG SOD; 4 G FIBER; 6 G SUGARS V

Orecchiette with Gorgonzola and Walnuts

SERVES 4 | 30 MINUTES OR FEWER

Try this classic combination with other small, chewy pasta shapes as well.

- 8 oz. dry orecchiette pasta (2 cups)
- ½ cup low-fat milk
- 4 oz. light Gorgonzola cheese, crumbled
- ½ cup walnuts, coarsely chopped
- ¼ tsp. cracked black pepper

1. Cook pasta in large pot of boiling salted water according to package directions. Drain.
2. Heat milk and Gorgonzola in skillet over medium heat 3 to 4 minutes, or until cheese has melted and slightly thickened. Stir in pasta to coat with sauce; stir in walnuts. Top with pepper.

PER 1-CUP SERVING: 399 CAL; 20 G PROT; 17 G TOTAL FAT (5 G SAT FAT); 47 G CARB; 22 MG CHOL; 350 MG SOD; 3 G FIBER; 3 G SUGARS

PHOTOGRAPHY: MAREN CARUSO

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Casareccia with Zucchini and Fresh Basil

PHOTOGRAPHY: BEATRIZ DA COSTA

Casareccia with Zucchini and Fresh Basil

SERVES 4 | 30 MINUTES OR FEWER

Casareccia look like macaroni that have been split open and twisted. The groovy shape is perfect for light sauces.

- 8 oz. dry casareccia pasta (2 cups)
- 4 small zucchini, julienned (4 cups)
- 2 cloves garlic, minced
- ¼ cup low-fat ricotta
- ½ cup torn fresh basil

1. Cook pasta in large pot of boiling salted water according to package directions; add zucchini to pasta water 1 minute before end of cooking time.

2. Meanwhile, whisk together garlic and ricotta in large bowl. Drain zucchini and pasta, and add to ricotta mixture. Stir in basil, and season with salt and pepper, if desired.

PER 1-CUP SERVING: 245 CAL; 11 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 47 G CARB; 5 MG CHOL; 123 MG SOD; 3 G FIBER; 6 G SUGARS

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Pappardelle nests unfurl into wide, tender strands of pasta that soak up sauce and hold up well to chunky add-ins.

Pappardelle with Artichokes and Arugula

SERVES 4 | 30 MINUTES OR FEWER

This dish is easy enough for weeknight suppers, but elegant enough for casual dinner parties.

- 1 6-oz. jar oil-packed artichoke hearts, drained, 1 Tbs. oil reserved
- 6 oil-packed sun-dried tomatoes, drained, 1 Tbs. oil reserved
- ⅓ cup Pinot Grigio wine
- 6 cups baby arugula leaves
- 1 8.8-oz. pkg. dry pappardelle pasta

1. Coarsely chop artichoke hearts and sun-dried tomatoes; set aside.
2. Heat oil from artichokes and oil from tomatoes in skillet over medium-high heat. Add chopped artichokes and sun-dried tomatoes, and cook 3 to 4 minutes. Add wine, and cook 3 minutes, or until most of wine has evaporated. Stir in arugula, and cook 2 to 3 minutes, or until wilted.
3. Meanwhile cook pasta in large pot of boiling salted water according to package directions, drain, and reserve ¼ cup cooking liquid. Return drained pasta to pot with reserved cooking liquid, and stir in artichoke mixture. Season with salt and pepper, if desired.

PER 1-CUP SERVING: 326 CAL; 10 G PROT; 11 G TOTAL FAT (1 G SAT FAT); 52 G CARB; <1 MG CHOL; 251 MG SOD; 4 G FIBER; 4 G SUGARS

Orzo Lentil Pilaf with Feta

SERVES 4 | 30 MINUTES OR FEWER

Serve this comforting dish in individual bowls for an extra homey touch after a stressful day.

- 1 Tbs. olive oil
- 1 medium red onion, finely chopped (1½ cups)
- 1½ cups cooked brown lentils, or 1 15-oz. can lentils, rinsed and drained
- 6 oz. dry orzo pasta (¾ cup)
- ½ cup crumbled low-fat feta cheese

Heat oil in large skillet over medium heat. Add onion, and sauté 5 minutes, or until softened. Stir in lentils, orzo, and 1½ cups water. Season with salt and pepper, if desired. Cover, and cook 10 to 12 minutes, or until orzo is tender, and all water is absorbed. Divide among serving bowls, and sprinkle each serving with 2 Tbs. feta.

PER 1-CUP SERVING: 326 CAL; 17 G PROT; 6 G TOTAL FAT (2 G SAT FAT); 53 G CARB; 7 MG CHOL; 426 MG SOD; 8 G FIBER; 6 G SUGARS

Spaghetti with Fresh Tomato Sauce

SERVES 4 | 30 MINUTES OR FEWER

This easy no-cook tomato sauce calls for parsley, but can also be made with basil or chopped fresh fennel fronds.

- 1 cup parsley leaves
- 2 Tbs. garlic-flavored olive oil
- 1 bunch (8) green onions, cut into 2-inch lengths
- 2 lb. tomatoes, quartered (3 large or 5 small tomatoes)
- 8 oz. dry spaghetti

1. Pulse parsley with oil in food processor until finely chopped. Add green onions, and pulse until onions are chopped. Add tomatoes, and pulse 7 to 8 times, or until chunky sauce forms. Season with salt and pepper, if desired, and let stand to develop flavors while preparing pasta.
2. Cook pasta in large pot of boiling salted water according to package directions. Drain. Serve topped with fresh tomato sauce.

PER SERVING (1¼ CUPS SAUCE PLUS ¾ CUP PASTA): 318 CAL; 11 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 54 G CARB; <1 MG CHOL; 99 MG SOD; 6 G FIBER; 9 G SUGARS

Farfalle with Caramelized Onions and Broccoli

SERVES 4 | 30 MINUTES OR FEWER

A hint of dried tarragon brings out the flavors of browned onion slices and steamed broccoli.

- 1 large onion
- 2 Tbs. olive oil, plus more for drizzling, optional
- 1 tsp. dried tarragon
- 8 oz. dry farfalle pasta (2 cups)
- 3 cups small broccoli florets

1. Cut onion into 8 wedges. Cut each wedge into ½-inch-thick slices.
2. Heat oil in skillet over medium-high heat. Add onion, and sauté 10 minutes, or until browned. Add 1 cup water and tarragon, and cook 5 to 7 minutes, or until most of liquid has evaporated.
3. Meanwhile, cook pasta according to package directions, adding broccoli 3 minutes before end of cooking time. Drain broccoli and pasta, and add to onion mixture. Season with salt and pepper, if desired, and drizzle with olive oil, if using.

PER 1½-CUP SERVING: 296 CAL; 10 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 49 G CARB; <1 MG CHOL; 19 MG SOD; 4 G FIBER; 4 G SUGARS

PHOTOGRAPHY: MAREN CARUSO

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Fusilli Bucati Lunghi with Roasted Red Pepper Sauce

PHOTOGRAPHY: MAREN CARUSO

Fusilli bucati lunghi are long, twisted pasta strands that provide extra surface area for smooth sauce to stick to.

Fusilli Bucati Lunghi with Roasted Red Pepper Sauce

SERVES 4 | 30 MINUTES OR FEWER

Roasted red bell peppers star in this recipe for red sauce.

- 2 Tbs. garlic-flavored olive oil
- 1 cup jarred roasted red bell peppers, rinsed, drained, and chopped
- ½ medium onion, finely chopped (½ cup)
- 1 large carrot, finely diced (½ cup)
- 8 oz. dry fusilli bucati lunghi

1. Heat oil in saucepan over medium-high heat. Add roasted peppers, onion, and carrot; sauté 5 minutes, or until onion begins to brown. Add ¾ cup water, cover, and reduce heat to medium-low. Simmer 20 minutes.
2. Meanwhile, cook pasta in pot of boiling salted water according to package directions.
3. Remove roasted pepper mixture from heat, and purée in blender until smooth. Season with salt and pepper, if desired.
4. Drain pasta, and return to pot. Stir in red pepper sauce.

PER 1-CUP SERVING: 295 CAL.; 8 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 49 G CARB; <1 MG CHOL; 273 MG SOD; 3 G FIBER; 6 G SUGARS

Gnocchi with Chickpeas and Seared Broccoli Raab

SERVES 4 | 30 MINUTES OR FEWER

Add protein and color to chewy, starchy gnocchi with chickpeas and bright, crisp broccoli raab.

- 8 oz. (½ pkg.) gnocchi, such as Gia Russa
- 8 oil-packed sun-dried tomatoes, drained and quartered, 2 Tbs. oil reserved
- ½ onion, thinly sliced
- 1 small bunch broccoli raab, stems trimmed, cut into 2-inch pieces (4 cups)
- 1 15-oz. can chickpeas, rinsed and drained

1. Cook gnocchi in large pot of boiling salted water according to package directions. Drain, reserving ½ cup cooking water, and set aside.
2. Heat reserved sun-dried tomato oil in large pot over medium-high heat. Add onion, and cook 5 to 7 minutes, or until beginning to brown. Increase heat to high, and stir in broccoli raab. Cook 2 to 3 minutes, or until broccoli raab begins to wilt. Add sun-dried tomatoes, cooked gnocchi, and chick-peas, and cook 2 to 3 minutes more, or until some gnocchi begin to brown. Stir in reserved cooking water, and season with salt and pepper, if desired.

PER 1-CUP SERVING: 298 CAL.; 11 G PROT; 10 G TOTAL FAT (2 G SAT FAT); 43 G CARB; 4 MG CHOL; 614 MG SOD; 7 G FIBER; 5 G SUGARS

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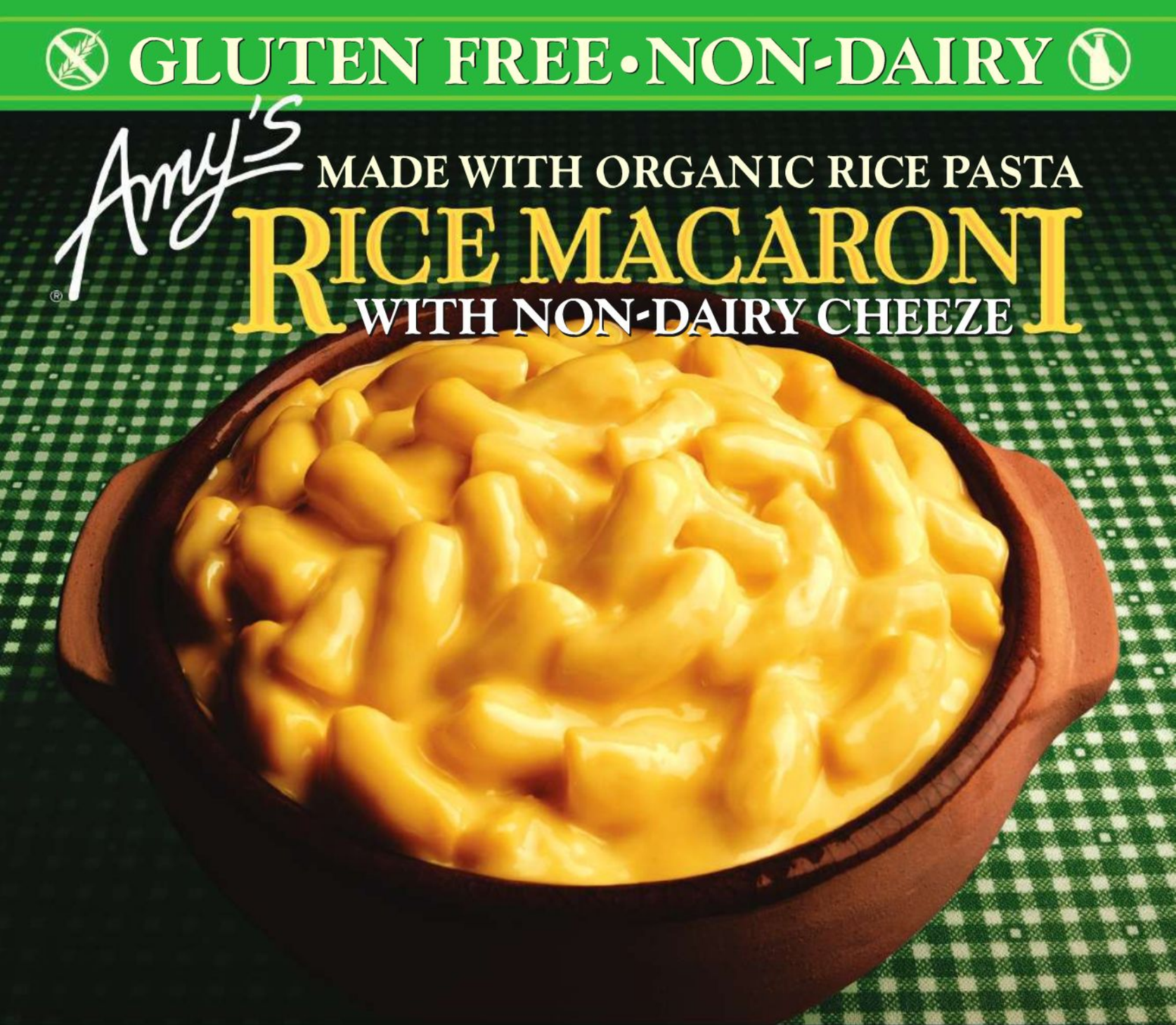

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BY Pnina Ben-Daniel

hummus perfection

Discover the secret to great homemade hummus from an artist who learned it from the Bedouins

Known as the poor man's food in the Middle East, hummus is a deliciously versatile dish. It can be eaten as a snack or with any meal of the day (in Israel, it's even served for breakfast). A nomadic Bedouin tribe taught me the recipe for Classic Hummus when I worked in the Sinai Desert. Their secret was to cook the chickpeas to a very soft consistency so they could be easily ground with a mortar and pestle. I've adapted the recipe for a food processor. Another thing I learned from the Bedouins is that hummus is best made with warm chickpeas—the heat helps cut the garlic's acidity. I make Classic Hummus about twice a week for my family. It's an easy and delicious way to add protein to our diet and keep us feeling satisfied between meals.

MOROCCAN WHOLE CHICKPEA HUMMUS, p. 44

PHOTOGRAPHY James Carrière FOOD STYLING Robyn Valarik PROP STYLING Emma Star Jensen

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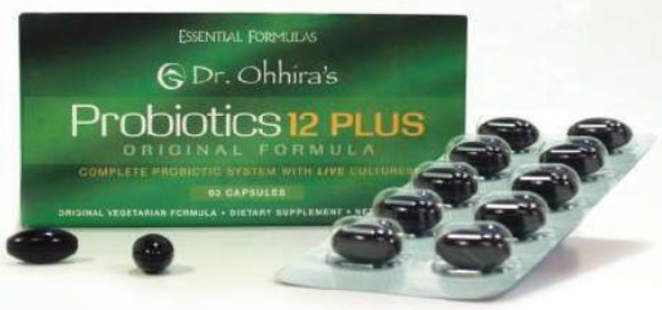

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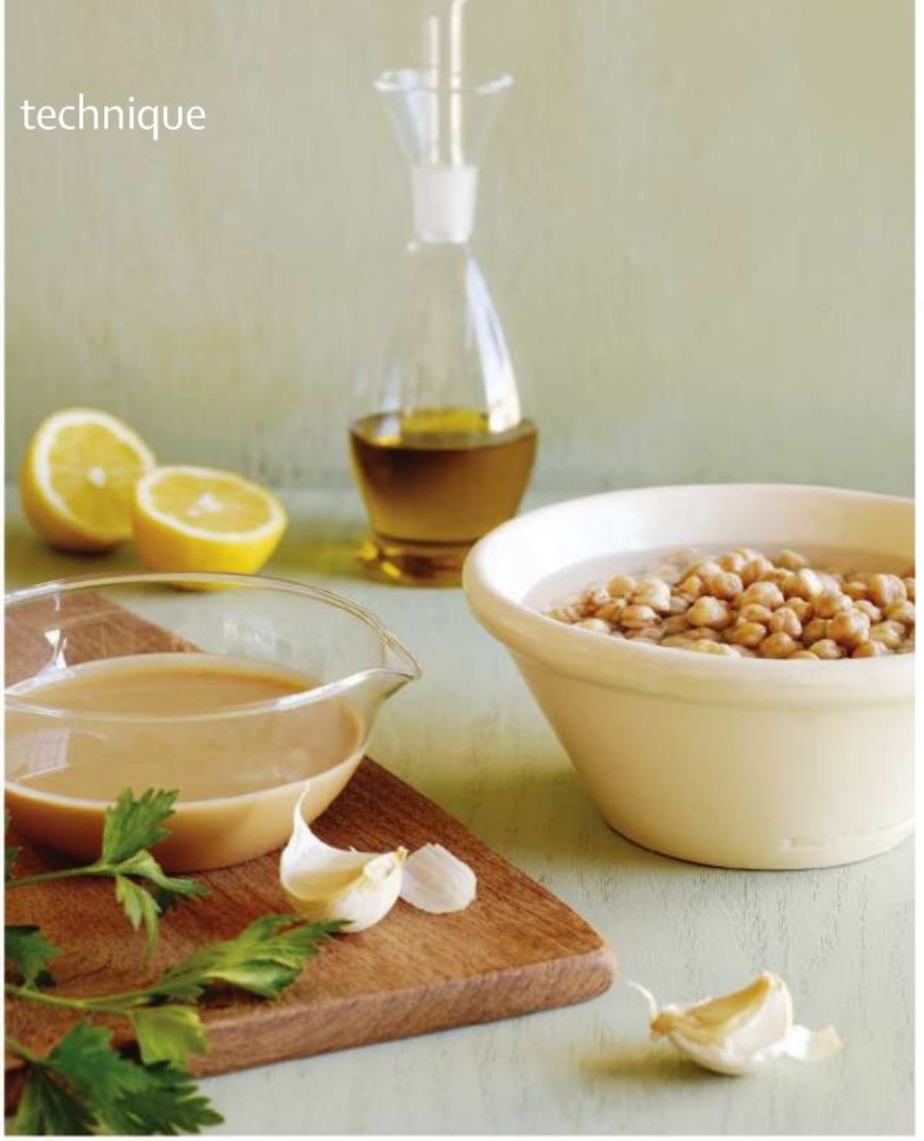

START WITH CHICKPEAS COOKED FROM SCRATCH

For hummus with unbeatable flavor and texture, soak and cook the chickpeas yourself. All you need is 1 pound of dried chickpeas and, if you don't mind losing a few nutrients in exchange for supersmooth texture, 1 teaspoon of baking soda. This recipe makes 6 cups of cooked chickpeas, which might sound like a lot, but keep in mind that leftovers freeze nicely in a zip-top freezer bag.

1. Pour 1 lb. dried chickpeas on flat surface, and pick through to remove any stones or broken chickpeas.

2. Rinse and drain chickpeas. Place in large bowl with 10 cups water; let soak 8 hours, or overnight.

3. Drain soaked chickpeas, then rinse and drain again, and place chickpeas in large pot with 10 cups water; bring to a boil. Reduce heat to low, partially cover, and simmer 90 minutes, stirring in 1 tsp. baking soda, if using, after the first hour. Remove from heat, cover pot, and let stand 30 minutes. Skim off any chickpeas that have floated to top. Drain well.

WHAT YOU'LL NEED

- dried chickpeas
- baking soda, optional
- tahini (sesame paste)
- garlic
- lemon juice
- large saucepan or stockpot
- food processor

Classic Hummus

SERVES 8

Lightly flavored with tahini, this basic hummus is creamy-smooth. For a more full-bodied flavor, increase the tahini by up to 2 cups. Stir the tahini well right before measuring—it separates when it sits.

- 3 cups cooked chickpeas, or 2 15-oz. cans chickpeas, rinsed and drained twice, hot or warmed in microwave
- ⅓ cup lemon juice
- 1 clove garlic
- ½ cup tahini

Purée warm chickpeas, lemon juice, garlic, and ⅔ cup water in food processor 3 to 4 minutes, or until smooth, scraping down sides of bowl if necessary. Add tahini, and purée 2 minutes, or until mixture has consistency of soft cream cheese, adding 1 to 2 Tbs. water, if necessary. Season with salt and pepper, if desired.

PER ¼-CUP SERVING: 189 CAL; 8 G PROT; 10 G TOTAL FAT (1 G SAT FAT); 20 G CARB; 0 MG CHOL; 150 MG SOD; 6 G FIBER; 3 G SUGARS V GF

CLASSIC, WITH A TWIST

Hummus can be doctored up with the following flavorings, which get added during the last minute of blending time, then garnished with toppings.

PARSLEY HUMMUS Blend in ½ cup chopped fresh parsley. Sprinkle with chopped parsley and Za'atar (p. 42).

SUN-DRIED TOMATO HUMMUS Blend in ¼ cup sun-dried tomato pesto. Top with olive oil, chopped olives, and smoked paprika.

ROASTED PEPPER HUMMUS Blend in ¾ cup roasted red peppers. Garnish with smoked paprika and chopped parsley.

SPICY HUMMUS Blend in 1 Tbs. harissa (or 1 tsp. cayenne pepper mixed with 2 tsp. olive oil and ½ tsp. minced garlic). Garnish with 2 Tbs. olive oil, ¼ tsp. smoked paprika, and dash of chopped parsley.

GREEN CHILE AND CILANTRO HUMMUS Blend in 3 to 5 Tbs. canned fire-roasted green chiles and ⅓ cup chopped cilantro. Garnish with olive oil, chopped green chiles, and chopped cilantro.

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Hummus with Tomato-Mint Salsa

Cooked chickpeas freeze well, so consider making a double batch and freezing the extras for future use.

Lima Bean, Mint, and Garlic Hummus

SERVES 4 | 30 MINUTES OR FEWER

Chickpeas aren't the only beans you can use to make hummus; this minty green dip is equally satisfying with a hint of garlic and lemon.

- 1 12-oz. pkg. frozen baby lima beans, rinsed and drained, plus more for garnish, optional
- 2 Tbs. olive oil, plus more for garnish, optional
- 1½ Tbs. lime juice
- 1 clove garlic, minced (1 tsp.)
- 2 Tbs. chopped fresh mint

1. Cook lima beans in saucepan with ½ cup water 6 minutes. Remove from heat, cover, and let stand 5 minutes. Rinse under cold water, and drain.
2. Purée lima beans with oil, lime juice, and garlic in food processor until smooth. Season with salt and pepper, if desired, and add mint. Pulse 30 seconds to combine. Garnish with whole lima beans and olive oil, if using.

PER ¼-CUP SERVING: 157 CAL.; 6 G PROT; 7 G TOTAL FAT (1 G SAT FAT); 18 G CARB; 0 MG CHOL.; 27 MG SOD; 6 G FIBER; 1 G SUGARS V GF

Hummus with Tomato-Mint Salsa

SERVES 8

This party-worthy dip doubles as a delicious sandwich filling.

- 2 medium tomatoes, diced (1½ cups)
- ¼ cup diced white onion
- 2 Tbs. olive oil
- 2 Tbs. chopped fresh mint
- 1½ Tbs. lemon juice
- 1 recipe Classic Hummus (p. 40)

Stir together tomatoes, diced onion, oil, mint, and lemon juice in small bowl; season with salt and pepper, if desired. Let stand 5 minutes. Spread Classic Hummus in shallow dish, and mound salsa in center.

PER SERVING (¼ CUP HUMMUS PLUS 3 TBS. SALSA): 228 CAL.; 8 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 23 G CARB; 0 MG CHOL; 152 MG SOD; 7 G FIBER; 4 G SUGARS V GF

Za'atar

MAKES ¼ CUP | 30 MINUTES OR FEWER

This easy-to-assemble Middle Eastern mix of dried herbs is often sprinkled over hummus. Try it as a pizza seasoning, a garnish for soft goat cheese, or a bread dip (dip the bread in olive oil, then in the Za'atar).

- ¼ cup toasted sesame seeds
- 4 tsp. dried thyme
- 1 tsp. garlic powder
- ½ tsp. salt

Combine all ingredients in small bowl. Store in airtight container.

PER 1-TBS. SERVING: 41 CAL.; 1 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 3 G CARB; 0 MG CHOL; 220 MG SOD; 1 G FIBER; <1 G SUGARS V

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Pita Bread

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Moroccan Whole Chickpea Hummus

SERVES 8

Adding whole chickpeas to hummus gives this dip a hearty, chewy texture. Here the chickpeas are sautéed with onion and spices for extra flavor.

- 2 Tbs. olive oil
- ¼ cup finely diced white onion
- ½ tsp. salt
- ½ tsp. ground caraway seeds
- ½ tsp. ground cumin
- ¼ tsp. curry powder
- ⅛ tsp. ground black pepper
- 1½ cups cooked chickpeas or 1 15-oz. can chickpeas, rinsed and drained
- 2 Tbs. lemon juice
- ½ cup finely chopped Italian parsley, plus extra leaves for garnish
- 1 recipe Classic Hummus (p. 40)

1. Heat oil in saucepan over medium heat. Add onion, salt, caraway, cumin, curry, and pepper; sauté 5 to 7 minutes, or until onion is translucent. Add chickpeas; cook 2 minutes more. Stir in lemon juice and ¼ cup water, cover, and reduce heat to medium-low. Simmer 5 minutes. Remove from heat, and stir in parsley. Cool to room temperature.
2. Spread Classic Hummus in shallow dish, and mound chickpea mixture in center. Garnish with fresh parsley leaves.

PER ½-CUP SERVING: 275 CAL; 11 G PROT; 14 G TOTAL FAT (2 G SAT FAT); 30 G CARB; 0 MG CHOL; 373 MG SOD; 9 G FIBER; 5 G SUGARS V GF

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Cast-Iron Skillet Pita Bread

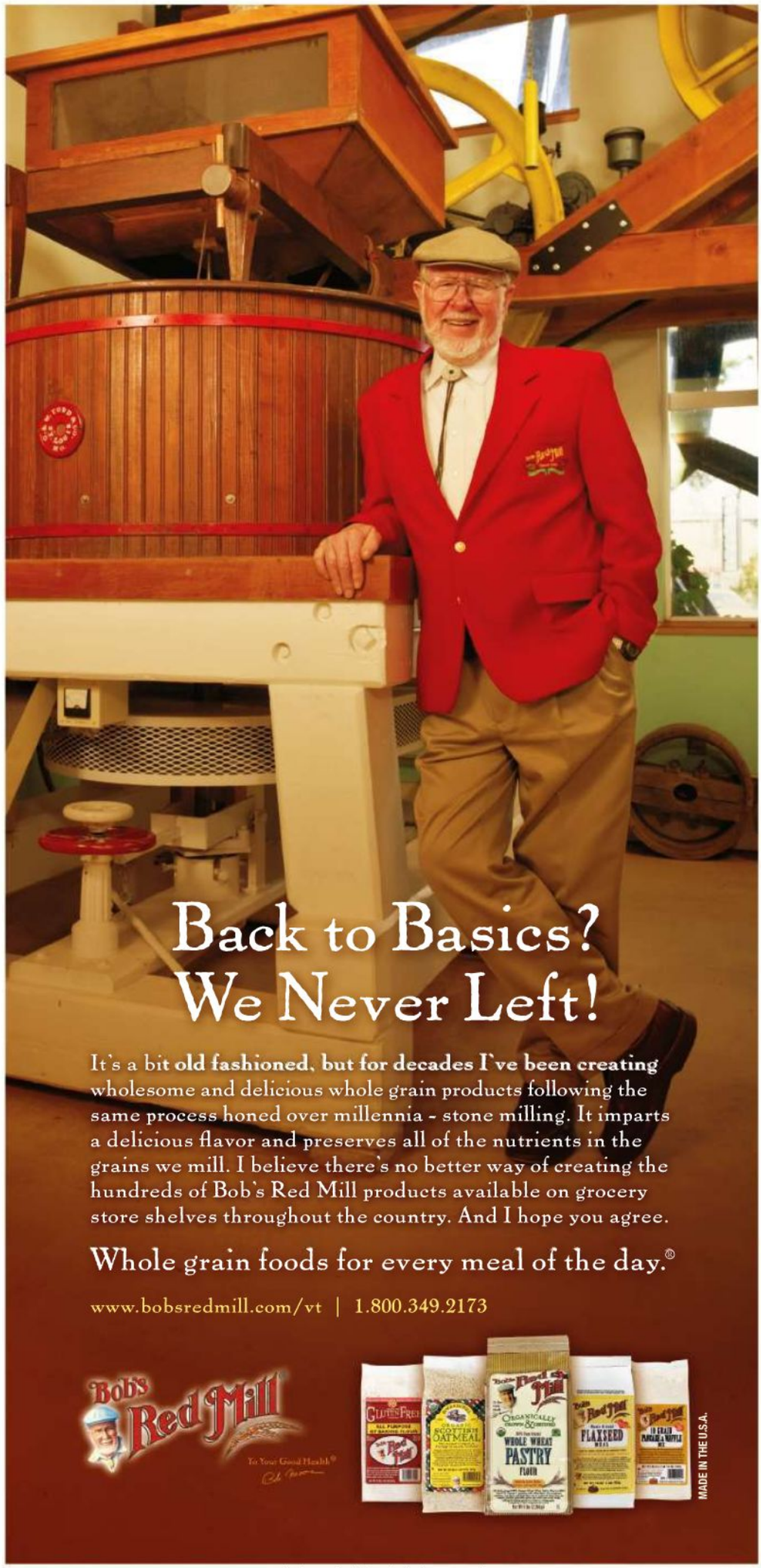
MAKES 10 PITAS

Mixing some of the flour to create a "sponge" before preparing the dough is the secret to successful homemade pitas. (Busy cooks' bonus: the bread freezes well.)

- 3½ cups all-purpose flour, divided, plus more for dusting work surface
- 1 tsp. active dry yeast
- 1 tsp. sugar
- ¼ tsp. salt
- 3 Tbs. olive oil
- Canola oil, for greasing skillet

1. Mix 1 cup flour, yeast, sugar, and 1 cup lukewarm water in large bowl with fork. Cover with clean kitchen towel, and let stand in warm place 30 minutes, or until mixture is thick and bubbly. This is the "sponge."
2. Stir 2 cups flour, salt, and ½ cup water into yeast mixture. Knead 2 to 3 minutes with hands or dough hook of electric mixer until dough is smooth. Add remaining ½ cup flour and olive oil; knead 2 to 3 minutes more, or until dough comes together. Transfer to floured work surface, and knead 5 to 7 minutes more, or until dough is no longer sticky. Shape into ball, place in floured bowl, and cover with kitchen towel. Let rise 1 hour, or until dough has doubled in size. Punch down dough, cover, and let rise 30 minutes more.
3. Shape dough into 10 2-inch balls on floured work surface. Cover with kitchen towel, and let rise 30 minutes. Roll balls into ¼-inch-thick circles. Cover, and let stand 30 minutes more.
4. Brush cast iron skillet with canola oil, and heat over high heat. Place 1 dough circle on skillet. Cook 1 to 1½ minutes per side, or until pita is puffed, pushing on puffed pita with spatula to cook edges. Repeat with remaining dough circles, oiling skillet as necessary.

PER PITA: 214 CAL.; 5 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 34 G CARB; 0 MG CHOL.; 59 MG SOD; 1 G FIBER; <1 G SUGARS



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BY Lisa Turner

snack attack!

When kids get the munchies, give 'em one of these wheat-free goodies

Parents want snacks to be healthful and easy to pack. Kids want them to be tasty and fun. Throw gluten sensitivity into the mix, and the pickings get a whole lot slimmer.

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Food writer Lisa Turner tested these snacks on her son. He gave them all a big thumbs-up.

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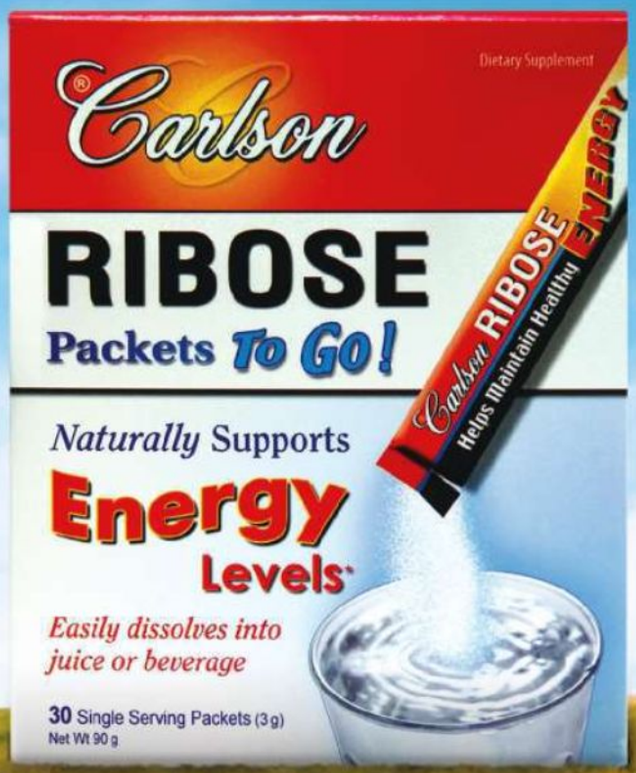

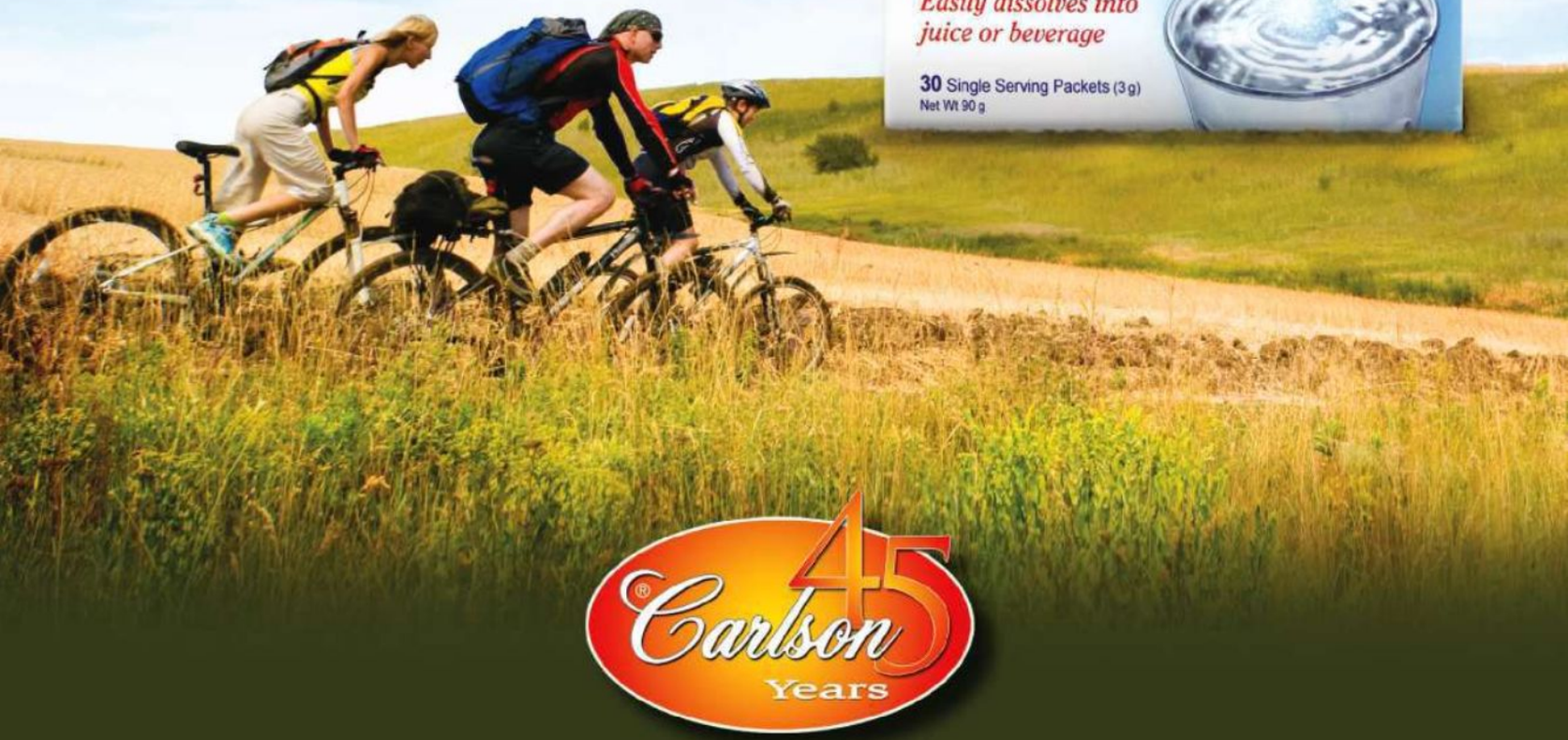

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BY Rochelle Palermo

wild about waffles

Elegant variations on the breakfast and brunch classic

How do you like your waffles? Light and crispy, with a touch of fresh fruit sweetness, or rich and chocolaty? Nutty and dense, or hearty, chewy, and leavened with beer? The following recipe assortment offers lots of choices for a weekend breakfast or Sunday supper. And if you can't choose just one, host a waffle bar party, have guests bring along their waffle irons, and make them all.

CLASSIC BELGIAN WAFFLES WITH FRESH BERRIES, p. 50

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Liesl Maggiore PROP STYLING Robin Turk

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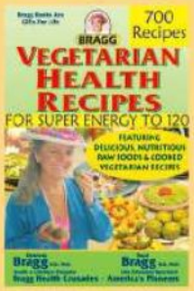

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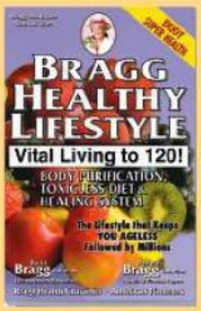

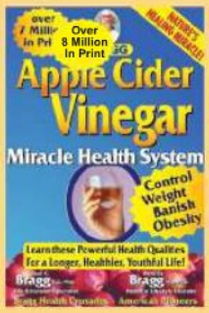

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Double Chocolate Waffles

Double Chocolate Waffles

MAKES 4 LARGE WAFFLES | 30 MINUTES OR FEWER

You've heard of breakfast for dinner? How about dessert for breakfast? These rich, dense, delicious confections will satisfy your sweet tooth any time of day. For a banana split effect, serve with sliced bananas and a dollop of vanilla soy yogurt.

CHOCOLATE SAUCE

- ¼ cup unsweetened cocoa powder (not Dutch-processed)
- ¼ cup pure maple syrup
- 2 Tbs. plain unsweetened soymilk
- ½ tsp. vanilla extract

WAFFLES

- 1⅓ cups all-purpose flour
- ½ tsp. baking soda
- ¼ tsp. salt
- ⅔ cup plain unsweetened soymilk
- ½ tsp. apple cider vinegar
- 5 Tbs. unsweetened cocoa powder (not Dutch-processed)
- 3 Tbs. vegan chocolate chips or 1 oz. vegan semisweet chocolate, chopped
- ⅓ cup dark brown sugar
- ¼ cup canola oil
- ½ tsp. vanilla extract
- 8 tsp. confectioners' sugar, for dusting

1. To make Chocolate Sauce: Whisk together cocoa powder, maple syrup, soymilk, and vanilla in saucepan over medium heat until smooth. Keep warm.
2. To make Waffles: Preheat waffle iron. Whisk together flour, baking soda, and salt in medium bowl; set aside. Whisk together soymilk and vinegar in small bowl; let stand 10 minutes.
3. Combine cocoa powder and chocolate in bowl. Whisk ¼ cup boiling water into cocoa powder mixture until smooth. Whisk soymilk mixture into chocolate mixture. Whisk in brown sugar, oil, and vanilla. Whisk in flour mixture.
4. Spray waffle iron with cooking spray. Spoon batter onto waffle iron. Close lid, and cook 3 minutes, or until waffle is crisp. Repeat with remaining batter. Drizzle each serving with 1 Tbs. Chocolate Sauce, dust with 1 tsp. confectioners' sugar, and serve.

PER SERVING (½ LARGE WAFFLE PLUS TOPPINGS): 254 CAL; 5 G PROT; 10 G TOTAL FAT (2 G SAT FAT); 41 G CARB; 0 MG CHOL; 158 MG SOD; 3 G FIBER; 20 G SUGARS

Classic Belgian Waffles with Fresh Berries

MAKES 6 LARGE WAFFLES

Belgian waffles get their light, moist interiors from a yeast-based batter. Use a very hot waffle iron in order to get a perfectly crispy exterior.

- 1¼ tsp. active dry yeast
- 1 cup plain unsweetened soymilk
- 2 Tbs. powdered egg replacer
- ⅓ cup canola oil, plus more for brushing waffle iron
- 2 tsp. vanilla extract
- 1½ cups all-purpose flour
- ¼ cup sugar
- ½ tsp. salt
- 1¼ tsp. baking soda
- 1½ cups fresh strawberries, sliced
- 1½ cups fresh raspberries
- 4 Tbs. confectioners' sugar, for garnish
- Vegan whipped topping for garnish, optional

1. Combine yeast with ½ cup warm water in large bowl. Let stand 5 minutes, or until yeast dissolves.
2. Blend soymilk and egg replacer in blender or food processor 1 minute, or until thick and creamy. Whisk soymilk mixture into yeast mixture, then whisk in oil, then vanilla. Whisk in flour, sugar, and salt. Cover, and refrigerate 4 hours, or overnight.

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3. Preheat Belgian waffle iron to high heat. Stir baking soda into batter. Brush waffle iron with oil (oil should sizzle). Spoon batter onto each square of waffle iron. Close lid, and cook 3 to 5 minutes, or until waffle is golden and crisp. Repeat with remaining batter.
4. Transfer waffles to plates. Top each serving with berries and 1 tsp. confectioners' sugar. Garnish with dollop of whipped topping, if using.

PER SERVING (½ LARGE WAFFLE PLUS ¼ CUP BERRIES): 168 CAL; 3 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 23 G CARB; 0 MG CHOL; 244 MG SOD; 2 G FIBER; 9 G SUGARS

Beer Waffles with Cinnamon-Caramel Apples

MAKES 4 LARGE WAFFLES | 30 MINUTES OR FEWER

Oats and beer add hearty flavor and texture that complement the sweet intensity of caramel apples. These waffles aren't sweet, so you can pair them with savory toppings such as melted cheese or roasted vegetables.

CINNAMON-CARAMEL APPLES

- ½ cup evaporated cane juice or sugar
- ¼ cup unsweetened coconut milk
- 2 Golden Delicious apples, peeled, cored, and cut into ¾-inch-thick wedges (1¼ lb.)
- ¼ tsp. ground cinnamon
- 1 tsp. lemon juice

WAFFLES

- 1 cup all-purpose flour
- ¼ cup instant oats
- 1 Tbs. sugar
- 2 tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- ⅓ cup plain unsweetened soymilk
- 1 Tbs. ground flaxseeds
- ¾ cup lager beer
- 1½ Tbs. soy margarine, melted

1. To make Cinnamon-Caramel Apples: Sprinkle sugar over large, heavy skillet over medium-high heat. Cook 4 to 5 minutes, or until sugar dissolves into amber-colored caramel syrup, tilting pan to distribute sugar evenly but not stirring. Meanwhile, warm coconut milk in small skillet over medium-low heat. Remove caramelized sugar from heat, and stir in warmed coconut milk. Return to heat, and stir in apples and cinnamon. Cook 3 minutes, or until apples begin to soften and sauce begins to thicken. Stir in lemon juice. Keep warm.
2. To make Waffles: Preheat Belgian waffle iron to high heat. Whisk together flour, oats, sugar, baking powder, baking soda, and salt in large bowl.
3. Blend soymilk, ground flaxseeds, and ¼ cup water in blender 1 minute, or until thick and creamy. Whisk milk mixture, beer, and margarine into flour mixture.
4. Coat waffle iron with cooking spray. Spoon batter onto each square of waffle iron. Close lid, and cook 3 to 5 minutes, or until waffle is crisp and dark golden. Repeat with remaining batter. Spoon ¼ cup Cinnamon-Caramel Apples over each serving.

PER SERVING (½ LARGE WAFFLE PLUS ¼ CUP APPLES): 198 CAL; 3 G PROT; 5 G TOTAL FAT (2 G SAT FAT); 36 G CARB; 0 MG CHOL; 261 MG SOD; 2 G FIBER; 20 G SUGARS

hot tip

To keep all the waffles warm while you're cooking up a batch, place two baking sheets in the oven, and preheat to 250°F. Place just-cooked waffles in single layer on baking sheets until ready to serve.

Flax and Walnut Waffles with Cranberry-Cherry Marmalade

MAKES 4 LARGE WAFFLES | 30 MINUTES OR FEWER

Ground flaxseeds do double duty as both an egg replacer and a nutty flavor enhancer in these waffles. We've called for almond milk, but any nondairy milk can be used.

WAFFLES

- 1½ cups almond milk
- 1½ tsp. apple cider vinegar
- 1 Tbs. ground flaxseeds
- 1 tsp. vanilla extract
- 1 cup all-purpose flour
- 2 Tbs. sugar
- 1½ tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. grated nutmeg
- ⅛ tsp. salt
- 2 Tbs. canola oil, plus more for brushing waffle iron
- ½ cup chopped toasted walnuts

CRANBERRY-CHERRY MARMALADE

- ½ cup orange marmalade
- ⅓ cup fresh or frozen cranberries
- 2 Tbs. pure maple syrup
- 2 Tbs. dried tart cherries
- ½ cinnamon stick

1. To make Waffles: Blend almond milk and vinegar in blender; let stand 10 minutes. Add ground flaxseeds and vanilla; blend 1 minute, or until thick and creamy.
2. Sift flour, sugar, baking powder, baking soda, nutmeg, and salt into large bowl. Whisk in almond milk mixture and 2 Tbs. oil. Stir in walnuts.
3. Preheat waffle iron to high heat. Brush waffle iron with oil (oil should sizzle). Spoon batter onto waffle iron. Close lid and cook 3 to 5 minutes, or until waffle is golden and crisp. Repeat with remaining batter.
4. Meanwhile, to make Cranberry-Cherry Marmalade: Bring all ingredients to a simmer in saucepan over medium-high heat. Reduce heat to medium-low, and simmer 4 to 5 minutes, or until cranberries burst, stirring often. Add 1 to 2 Tbs. water at a time until syrupy. Serve Waffles with Cranberry-Cherry Marmalade on side.

PER SERVING (½ LARGE WAFFLE PLUS 2 TBS. MARMALADE): 259 CAL; 4 G PROT; 11 G TOTAL FAT (1 G SAT FAT); 38 G CARB; 0 MG CHOL; 230 MG SOD; 2 G FIBER; 21 G SUGARS

Los Angeles–based food writer and recipe developer Rochelle Palermo uses a blazing hot iron to turn out the perfect waffle—one that's crisp on the outside yet tender and light inside.

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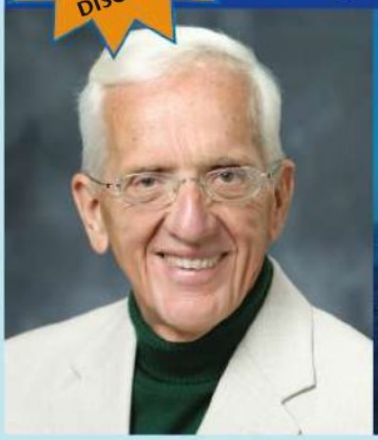

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BY Fiona Kennedy

SOME ASSEMBLY REQUIRED (CLOCKWISE FROM TOP LEFT):

- MIXED-GRAIN SUSHI RICE (p. 56)
- NORI SHEETS
- PICKLED GINGER (p. 57)
- ASSORTED FRESH VEGETABLES
- SPICY TOFU (opposite)

SUSHI MAT, FROM PEARLRIVER.COM; CHOPSTICK REST, FROM MUJI.US

PHOTOGRAPHY Kana Okada FOOD STYLING Toni Brogan PROP STYLING Pam Morris

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sushi party

Roll up the fun with this easy dinner menu

Who says sushi has to be a go-out or take-out affair? A few sheets of nori, a little rice, a bit of savory tofu, and some veggies, and you've got the ingredients for a dinner party where guests create their own combination rolls. When you personalize offerings with flavored edamame, mixed-grain rice, and homemade pickled ginger, your sushi spread will be a hands-on feast guests won't soon forget.

Green Tea Edamame with Roasted Black Sesame Salt (p. 57), and Soy-Simmered Shiitake Mushrooms (p. 56)

WHAT YOU'LL NEED

- 24 or more nori sheets
- 8 sushi mats
- sharp chef's knife
- hot, damp dish towel
- assorted vegetables (sprouts; julienned carrots, cucumbers, and bell peppers; sliced avocados; trimmed asparagus; etc.)
- wasabi
- low-sodium soy sauce for dipping

Spicy Tofu

MAKES 4 CUPS | 30 MINUTES OR FEWER

Pair this spicy sushi filling with creamy avocado wedges to tame the heat. Sriracha is a chile-garlic condiment that adds spice as well as a sweet-savory note.

- 2 12-oz. pkg. extra-firm tofu, drained and patted dry, cut into ¼-inch cubes
- 3 Tbs. low-sodium soy sauce
- 2 Tbs. sriracha
- 2 Tbs. seasoned rice vinegar
- 1 Tbs. maple syrup
- 2 tsp. toasted sesame oil
- 4 green onions, thinly sliced (½ cup)
- 2 Tbs. vegan mayonnaise

1. Heat nonstick skillet over medium-high heat, and add half of tofu cubes. Cook 10 to 12 minutes, or until cubes are golden, stirring occasionally. Transfer tofu to plate, and repeat with remaining tofu.
2. Stir together soy sauce, sriracha, vinegar, maple syrup, sesame oil, and 2 Tbs. water in small bowl. Return all tofu to pan, and add soy sauce mixture. Bring to a simmer, and cook 2 to 3 minutes, or until most of liquid is absorbed. Remove from heat, and stir in green onions and mayonnaise. Serve warm or chilled.

PER ½-CUP SERVING: 134 CAL; 9 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 7 G CARB; 0 MG CHOL; 373 MG SOD; 1 G FIBER; 4 G SUGARS

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HOW TO MAKE A SUSHI ROLL

Lay the foundation. Lay sushi mat so wooden sticks are positioned horizontally. Place nori sheet shiny-side down with long edge parallel to mat sticks. Spread thin layer of rice over nori, leaving a ½-inch border on the bottom and top.

Line up the fillings. Place your choice of fillings in a horizontal line 3 inches above the bottom edge of nori. Use no more than four fillings, and keep the layers thin so the sushi is easy to roll.

Roll and cut. Starting with the top edge of mat, roll nori sheet toward you, firmly compressing roll as you go. Gently squeeze roll with mat when done. Slice roll into even sections with a sharp knife.

SAKE, SIMPLIFIED

Whether you're serving sake at home or just want to choose a good bottle the next time you're out for Japanese food, John Gauntner, sake educator and founder of the Web site sake-world.com, offers four tips for finding the right brew for you.

1. WANT THE BEST? Go ginjo. "*Ginjo*, which means 'premium,' is to sake what single-malt is to Scotch," explains Gauntner. Look for "ginjo" on the bottle to guarantee a high-quality sake, which will have a lighter, more delicate taste.

2. PREFER FULL-BODIED FLAVOR? Choose junmai. Some sake brewers add distilled alcohol to bring out flavors, but a sake labeled "junmai" is made only with rice. The flavor tends to be rich, fragrant, and even earthy.

3. ON A BUDGET? Select domestic. American brewers can't add distilled alcohol to sake, so their offerings may not be as aromatic as Japanese ginjo sakes, says Gauntner. "But if you want to spend less to put sake on the table, a decent U.S. sake will be fine," he adds.

4. NO SAKE CUPS? Serve in wine glasses. Sake should be served chilled like white wine, Gauntner advises, and the best alternative to porcelain sake cups is stemware that lets the aromas rise and circulate.

Mixed-Grain Sushi Rice

MAKES 8 CUPS

Adding different grains to your rice boosts nutritional value and textural variety. Feel free to substitute amaranth, sesame, or poppy seeds for red quinoa.

- 4 cups short-grain white rice
- 2 Tbs. red quinoa
- 2 Tbs. rolled barley flakes
- ½ cup rice vinegar
- 3 Tbs. sugar
- 3 tsp. salt

1. Rinse and drain rice several times until water runs clear. Set aside in strainer 30 minutes. Bring rice, quinoa, barley flakes, and 4 cups plus 1 Tbs. water to a simmer in large pot. Reduce heat to low, cover, and cook 15 minutes, or until water is absorbed. Remove from heat, and let stand, covered, 20 minutes. (If using a rice cooker, measure out grains in rice cooker cups, place in cooker, add water to appropriate line, then add additional 1 Tbs. water. Cook according to rice cooker instructions.)
2. Stir vinegar, sugar, and salt together in bowl until sugar and salt dissolve. Fluff grains with wooden spoon and fold in vinegar mixture. Cover with damp towel until ready to use.

PER 1-CUP SERVING: 301 CAL.; 5 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 67 G CARB; 0 MG CHOL; 873 MG SOD; 2 G FIBER; 5 G SUGARS V

Soy-Simmered Shiitake Mushrooms

MAKES 3½ CUPS

This recipe makes more than enough for sushi filling—leftovers will keep at least two weeks in the fridge. Toss with stir-fried noodles and snow peas for a quick weeknight dinner.

- 3 oz. dried shiitake mushrooms
- 4 ¼-inch-thick slices fresh ginger
- 3 Tbs. mirin
- 2 Tbs. sake
- 1 Tbs. packed light brown sugar
- ¼ cup low-sodium soy sauce

1. Pour 4 cups boiling water over mushrooms in bowl. Cover with plastic wrap, and soak 30 minutes. Drain, reserving 2½ cups soaking liquid.
2. Place mushrooms, ginger, mirin, sake, brown sugar, and reserved soaking

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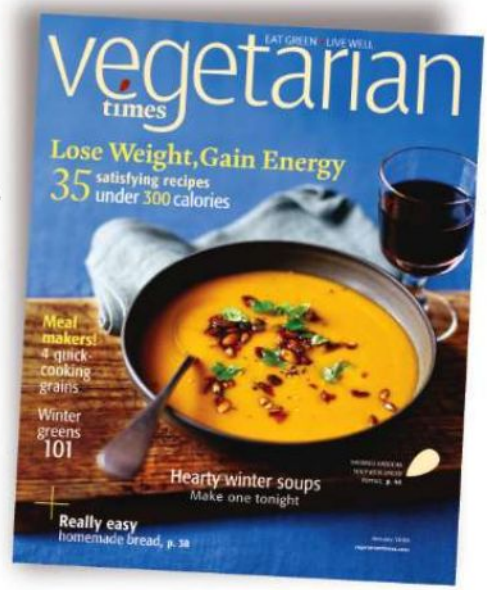

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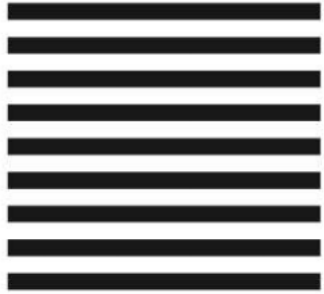

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liquid in 2-qt. saucepan. Bring to a simmer over medium-high heat, then reduce heat to low. Simmer mushrooms 15 minutes, then add soy sauce. Cook 10 minutes more, or until liquid has thickened slightly. Serve warm or chilled.

PER 1/4-CUP SERVING: 32 CAL.; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 0 MG CHOL.; 154 MG SOD; <1 G FIBER; 2 G SUGARS

Green Tea Edamame with Roasted Black Sesame Salt

MAKES 1 LB. | 30 MINUTES OR FEWER

Add a personal touch to steamed edamame by cooking the pods in green tea and tossing with black sesame seeds.

- 6 green tea bags
- 1 16-oz. pkg. frozen whole edamame
- 2 Tbs. roasted black sesame seeds
- 1 tsp. salt

1. Bring 2 qt. water to a boil in large pot, and remove from heat. Add tea bags, and let steep 3 minutes. Remove tea bags, and bring liquid to a simmer over high heat. Add edamame, and cook 7 minutes. Drain.
2. Grind sesame seeds and salt in coffee grinder until coarsely ground. Toss with edamame. Serve in big bowl.

PER SERVING (1/4 CUP SOYBEANS): 59 CAL.; 5 G PROT; 3 G TOTAL FAT (0 G SAT FAT); 3 G CARB; 0 MG CHOL.; 296 MG SOD; 2 G FIBER; 1 G SUGARS

Pickled Ginger

MAKES 2 1/2 CUPS

Once you've made your own pickled ginger, you'll wonder why you ever bothered with the store-bought variety. Look for fresh ginger roots that have pale, tight, shiny skins with no puckering. Pickled ginger slices will keep several months in the fridge.

- 8 oz. fresh ginger (1 large piece, or "hand")
- 2 tsp. salt
- 3/4 cup rice vinegar
- 1/4 cup white balsamic vinegar
- 1/4 cup mild honey

1. Peel ginger with edge of spoon. Slice paper-thin with mandoline or vegetable peeler. Toss with salt in bowl, cover, and refrigerate overnight.
2. Rinse ginger with cold water. Place ginger and remaining ingredients in 1-qt. jar. Add 1/4 cup water, cover, and shake vigorously until honey is dissolved. Chill overnight before serving. Remove ginger slices from liquid to serve.

PER 1-TBS. SERVING: 6 CAL.; 0 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 2 G CARB; 0 MG CHOL.; 30 MG SOD; <1 G FIBER; <1 G SUGARS

Fiona Kennedy loves making sushi rolls with avocado for her nephews, who refer to them as "wheels."

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BY Mary Margaret Chappell

{apple} BONANZA

All over North America, orchards are opening their gates for apple lovers to enjoy pick-your-own privileges among the fruit-laden trees. So why not make a weekend of it? To kick things off, gather friends and family for a day in the orchard. "One of my favorite things is apple picking as a family outing. It's something everyone can do, it's outside, and everybody gets to eat while doing it," says Sharon Soons, head of retail operations at Soons Orchards in New Hampton, N.Y.

The following recipes offer everything you need to enjoy the fruits of your labor all weekend long and for weeks to come.

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OPPOSITE PAGE: OPINEL LOCKING PICNIC KNIFE, FROM AMAZON.COM; JUDY JACKSON STONEWARE PLATE, FROM DEAN & DELUCA

PHOTOGRAPHY Romulo Yanes FOOD STYLING Maggie Ruggiero PROP STYLING Cindy DiPrima

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Baked Apples Stuffed with Wild Rice and Quinoa, p. 62

weekend MENU

Make it a two-day cooking and eating extravaganza, or string it out to last the season.

HARVEST SUPPER

- Sweet Potato Wedges with Cider Reduction
- Baked Apples Stuffed with Wild Rice and Quinoa
- Apple Salsa Salad
- Rosy Applesauce
- Old-Fashioned Apple Pie

SUNDAY BRUNCH STAR

- Apple Cinnamon-Toast Bread Pudding

SNACKS AND EXTRAS

- Spicy Cheddar Dip
- Maple-Almond Butter
- Soft Apple Ginger Spice Cookies

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Apple Salsa Salad, p. 62

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Supper

Baked Apples Stuffed with Wild Rice and Quinoa

SERVES 8

The stuffing for these baked apples can be made up to two days ahead. We call for Red Delicious apples, but any baking apple variety will work.

- 1 cup mushroom broth
- ½ cup wild rice
- ¼ cup red quinoa
- 2 Tbs. olive oil
- 1 cup finely chopped shiitake mushrooms
- ¼ cup finely chopped red onion
- 1 Tbs. chopped fresh sage
- ½ cup low-fat cream cheese, cut into small pieces
- ¼ cup dried cranberries, chopped
- 4 medium Red Delicious apples
- ½ cup grated sharp white Cheddar cheese, optional

1. Preheat oven to 350°F. Bring broth and 1 cup water to a boil in saucepan. Add wild rice, cover, reduce heat to medium-low, and cook 50 minutes. Stir in quinoa, and cook 20 minutes more, or until most of water is absorbed.
2. Heat oil in skillet over medium heat. Add mushrooms and onion, and sauté 7 minutes. Stir in sage and wild rice, and increase heat to medium-high. Cook 2 to 3 minutes, or until liquid has evaporated. Remove from heat, and stir in cream cheese. Fold in cranberries.
3. Halve apples through stem, and scoop out core and seeds, leaving ¼-inch-thick wall around sides. Fill apple halves with ⅓ cup rice mixture. Place in 11- x 7-inch baking dish. Fill baking dish with 1 cup water, cover tightly with foil, and bake 45 minutes. Uncover apples, sprinkle with Cheddar (if using), and bake 15 minutes more, or until apples are soft and tops are beginning to crisp.

PER SERVING (1 STUFFED APPLE HALF): 184 CAL; 4 G PROT; 6 G TOTAL FAT (2 G SAT FAT); 30 G CARB; 8 MG CHOL; 141 MG SOD; 4 G FIBER; 13 G SUGARS GF

Apple Salsa Salad

SERVES 8 | 30 MINUTES OR FEWER

Crushed blue corn chips add color and crunch to this salad. Mâche is a mild salad green that comes in little bouquets.

- ¼ cup lime juice
- 2 tsp. agave nectar
- 2 Tbs. olive oil
- 4 green onions, finely chopped (¼ cup)
- 1 small jalapeño chile, seeded and finely minced
- 1 clove garlic, minced (1 tsp.)
- 2 red-skinned apples, julienned (2 cups)
- ¼ cup coarsely chopped cilantro
- 2 cups mâche
- 1 cup crushed blue corn chips

1. Whisk together lime juice and agave nectar in large salad bowl. Whisk in olive oil. Stir in green onions, jalapeño, and garlic. Fold in apples and cilantro, and season with salt and pepper, if desired. Let stand 10 minutes.
2. Fold mâche bouquets into apple mixture, making sure leaves are coated with lime juice mixture. Divide among serving plates, and top with crushed corn chips.

PER 1-CUP SERVING: 98 CAL; 1 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 15 G CARB; 0 MG CHOL; 54 MG SOD; 2 G FIBER; 5 G SUGARS V GF

Old-Fashioned Apple Pie

SERVES 8

Watch dinner guests' eyes light up when you bring out this baked beauty.

CRUST

- 2 cups all-purpose flour
- ½ cup whole-wheat flour
- 1½ Tbs. cornstarch
- 2 tsp. sugar
- ¼ tsp. salt
- 6 Tbs. cold margarine, cut into pieces

FILLING

- 2 lb. apples, peeled, cored, and cut into 8 wedges each (6 to 8 apples)
- ¼ cup raisins, optional
- ¼ cup chopped dried apricots, optional
- 2 Tbs. lemon juice

You-Pick TIPS

1. Go early. "You want to get there before people go crazy and while there are still lots of ripe apples on the trees," says Sharon Soons of Soons Orchards in New Hampton, N.Y.

2. Don't yank. Grasp an apple, twist at the stem, and bend upward; it should snap off. If it doesn't, the apple isn't ripe yet.

3. Keep 'em cool. Store just-picked apples in a plastic bag or in the crisper drawer in the fridge. Otherwise they can get mealy.

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- 2 Tbs. brown sugar
- 1 Tbs. cornstarch
- 1 tsp. ground cinnamon
- ⅛ tsp. salt
- 1 Tbs. turbinado sugar, optional

1. To make Crust: Pulse flours, cornstarch, sugar, and salt in food processor to combine. Add margarine, and process until mixture resembles coarse meal. Add ½ cup cold water, and process until dough forms. Add water 1 Tbs. at a time, if necessary. Wrap in plastic wrap; chill 1 hour.

2. To make Filling: Toss apple wedges, raisins, dried apricots (if using), lemon juice, brown sugar, cornstarch, cinnamon, and salt in large bowl. Set aside.

3. Preheat oven to 450°F. Shape two-thirds of dough into flat round. Roll out to 14-inch diameter circle on floured work surface. Press into 9-inch pie dish, letting excess hang over edges. Prick bottom with fork. Mound Filling in pie. Roll out remaining dough into 9-inch circle, place over Filling, and fold excess dough over top, crimping edges to seal. Brush top with water, and sprinkle with turbinado sugar, if using. Poke small hole in center of pie, and set on baking sheet. Place pie in oven; reduce heat to 350°F. Bake 60 to 80 minutes, or until golden.

PER SLICE: 289 CAL.; 5 G PROT; 9 G TOTAL FAT (4 G SAT FAT); 49 G CARB; 0 MG CHOL; 201 MG SOD; 3 G FIBER; 14 G SUGARS

Rosy Applesauce

MAKES 6 CUPS

Use a variety of apples to give the applesauce a more complex flavor.

- 4 lb. apples, quartered with skins and cores
- 1 cup apple cider

Place apples and cider in large pot, and bring to a boil. Cover, and cook 1 hour, or until apples are mushy, stirring occasionally. Cool in pot. Pass apples through food mill or sieve. Discard solids. Store up to 1 week in fridge.

PER ½-CUP SERVING: 72 CAL.; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 19 G CARB; 0 MG CHOL; 2 MG SOD; 2 G FIBER; 15 G SUGARS V GF

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Sweet Potato Wedges with Cider Reduction

JOAN PLATT POTTERY PLATE, FROM JOANPLATTPOTTERY.COM

Sweet Potato Wedges with Cider Reduction

SERVES 8

Don't forget to grab a gallon or two of apple cider from the orchard when you go—supermarket brands can't compare. When cider is simmered for a long time, it reduces down to a tangy syrup that is thickened by apples' natural pectins.

- 2 cups apple cider or unfiltered apple juice
- 2 large sweet potatoes, each cut into 8 wedges
- 2 Tbs. olive oil
- Ground cinnamon, for sprinkling

1. Boil cider in saucepan over medium heat 45 minutes to 1 hour, or until reduced to thick and syrupy ¼ cup. Set aside.

2. Preheat oven to 350°F. Brush sweet potato wedges with oil, sprinkle with cinnamon, and place on baking sheet. Bake 45 minutes, or until tender and beginning to brown. Transfer to platter, and drizzle with cider reduction.

PER SERVING (4 WEDGES): 113 CAL.; <1 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 20 G CARB; 0 MG CHOL; 40 MG SOD; 2 G FIBER; 9 G SUGARS V GF

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Brunch

Apple Cinnamon-Toast Bread Pudding

SERVES 12

Try this delicious make-ahead brunch entrée that lets you enjoy time with your guests rather than slaving away in the kitchen. There are two ways to make it ahead of time: either prepare it the day before and warm just before serving, or assemble the dish the night before and bake it in the morning.

- ⅓ cup sugar
- 1½ tsp. ground cinnamon
- 2 Tbs. butter or margarine, melted
- ½ baguette, cut into 1-inch-thick slices (5 cups)
- 4 apples, peeled and quartered, each quarter cut into 4 slices (4 cups)
- 2 eggs
- 2 egg whites
- ½ cup pure maple syrup
- 2 tsp. vanilla extract
- ⅛ tsp. salt
- 2½ cups low-fat milk

1. Preheat oven to broil. Coat 10-inch round casserole dish or 4½-qt. Dutch oven with cooking spray. Combine sugar and cinnamon on small plate. Put melted butter in shallow bowl. Set aside.
2. Halve each baguette slice. Dip each halved slice first in butter, then in cinnamon sugar, and set cinnamon-side up on baking sheet. Set remaining cinnamon sugar aside. Broil bread slices 1 to 2 minutes, or until cinnamon sugar gets dark and bubbly on top.
3. Spread 2 cups apple slices on bottom of prepared casserole dish. Top with 2½ cups bread slices, cinnamon-side down. Repeat layering with remaining apples and bread slices.
4. Whisk together eggs, egg whites, maple syrup, vanilla, and salt in medium bowl. Whisk in milk until smooth. Pour over bread and apples. Weigh down pudding with salad plate to keep bread submerged, and let stand 1 hour in refrigerator, or overnight.
5. Preheat oven to 350°F. Sprinkle bread pudding with remaining cinnamon sugar, and bake 1 to 1½ hours, or until set in center and puffy and golden brown on top. Serve warm.

PER 1-CUP SERVING: 175 CAL; 6 G PROT; 3 G TOTAL FAT (2 G SAT FAT); 32 G CARB; 43 MG CHOL; 189 MG SOD; 1 G FIBER; 20 G SUGARS

Snacks & Extras

Spicy Cheddar Dip

MAKES 1 CUP | 30 MINUTES OR FEWER

Serve this cheesy, creamy dip with freshly sliced apples and your favorite crackers. Or try it in a sandwich with thinly sliced apples and whole-grain bread.

- 1½ cups grated sharp Cheddar cheese (6 oz.)
- ¼ cup fat-free plain yogurt
- 2 Tbs. fat-free milk
- ⅛ tsp. ground cayenne pepper, or ¼ tsp. ground ancho chile powder, optional

Blend cheese, yogurt, and milk in food processor 2 to 3 minutes, or until smooth, adding more milk if necessary. Add cayenne pepper, if using, and pulse until combined.

PER 2-TBS. SERVING: 97 CAL; 5 G PROT; 8 G TOTAL FAT (5 G SAT FAT); <1 G CARB; 23 MG CHOL; 144 MG SOD; 0 G FIBER; <1 G SUGARS

Maple-Almond Butter

MAKES 1½ CUPS | 30 MINUTES OR FEWER

This dip gets its inspiration from the classic snack combination that is apples and peanut butter. Adding water to the mixture makes it smoother and easier to dip, while a touch of cinnamon brings out the sweetness of the maple syrup. Use as a dip for apple slices and graham crackers, or as a sweet sandwich spread.

- 1 cup almond butter
- ⅓ cup pure maple syrup
- ½ tsp. ground cinnamon

Blend all ingredients and ½ cup water in food processor 2 to 3 minutes, or until smooth and creamy.

PER 2-TBS. SERVING: 155 CAL; 3 G PROT; 12 G TOTAL FAT (1 G SAT FAT); 10 G CARB; 0 MG CHOL; 95 MG SOD; <1 G FIBER; 6 G SUGARS

Soft Apple Ginger Spice Cookies

MAKES 20 4-INCH COOKIES

In addition to being some of the best spice cookies you'll ever eat, these may also be the easiest since you don't need an electric mixer to prepare the dough. You can also make them without diced apples, or substitute dried cranberries.

- 2½ cups all-purpose flour
- 1½ tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. ground ginger
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. salt
- ½ cup canola oil
- ¼ cup Rosy Applesauce (p. 63) or unsweetened applesauce
- ¼ cup molasses
- ¾ cup sugar, plus ½ cup for rolling cookies
- 1 large apple, peeled and finely diced (1 cup)

1. Preheat oven to 325°F. Line baking sheets with parchment paper, or coat with cooking spray.
2. Whisk together flour, baking powder, baking soda, ginger, cinnamon, nutmeg, and salt in large bowl.
3. Whisk together oil, applesauce, and molasses in separate large bowl. Whisk in ¾ cup sugar. Stir in flour mixture with spatula. Fold in diced apple.
4. Place remaining ½ cup sugar in bowl. Roll ¼ cup dough into ball, then roll ball in sugar. Repeat with remaining dough. Place balls on prepared baking sheets.
5. Put baking sheets in oven, and bake 20 to 25 minutes, or until tops of cookies are dry and bottoms are golden brown. Transfer to wire rack to cool.

PER COOKIE: 176 CAL; 2 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 30 G CARB; 0 MG CHOL; 127 MG SOD; <1 G FIBER; 16 G SUGARS

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BY Viviane Bauquet Farre

a FINER grind

The five best spices to roast whole and crush to order

Roasting and grinding whole spices is all the rage among chefs these days, and one whiff of pan-roasted fennel or a quick grind of a homemade toasted peppercorn blend will tell you why. Whole spices retain their flavor longer than ground spices, which have a larger surface area exposed to air. Toasting the spices in a dry skillet before grinding heightens their flavor even further and gives them a nutty, earthy aroma.

But you don't need a storeroom full of seasonings to try your hand at roasting and grinding your own spices. Start with five favorites and make some sublime blends. They'll take your recipes to the next level and fill your kitchen with spice market scents.

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Heirloom Tomato Carpaccio with Four Peppercorn Mix , p. 68

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Liesl Maggiore PROP STYLING Robin Turk

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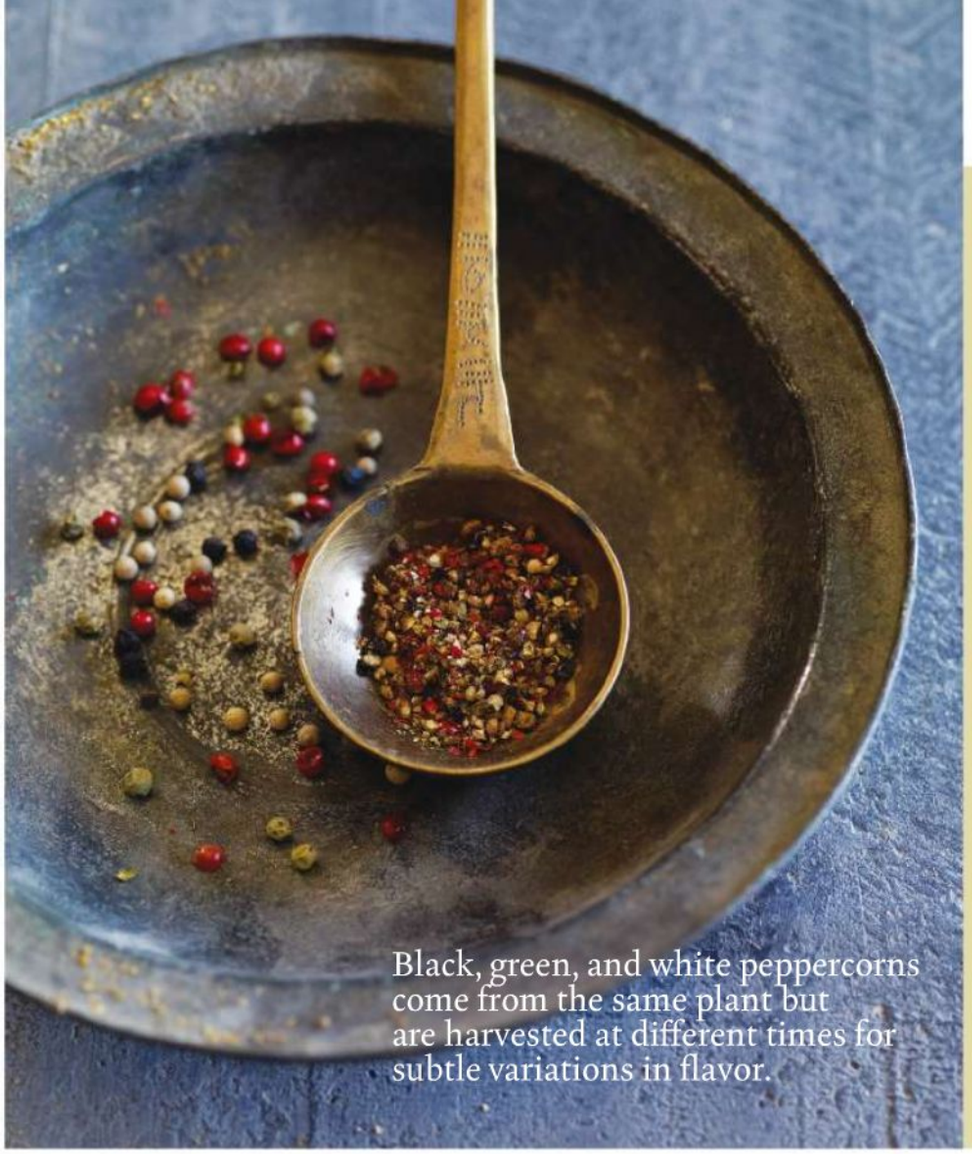

Black, green, and white peppercorns come from the same plant but are harvested at different times for subtle variations in flavor.

Four Peppercorn Mix

MAKES 1/4 CUP

In this multihued combination, different peppercorn flavors play off one another for a seasoning that's spicy, smoky, and a little bit sweet. Sprinkle on salads or use to "finish" cooked dishes the way you'd use black pepper.

- 2 Tbs. green peppercorns
- 1 Tbs. black peppercorns
- 1 Tbs. white peppercorns
- 2 Tbs. pink peppercorns

1. Place green, black, and white peppercorns in small skillet, and heat over medium heat. Toast 2 minutes, shaking pan frequently. Add pink peppercorns, and toast 2 minutes more, shaking pan constantly. Transfer to bowl, and cool completely.
2. Place mixture in pepper mill, and store in cool, dry cabinet until ready to use.

5 SPICES TO BUY WHOLE

1. PEPPERCORNS Black, green, white, and pink peppercorns make a well-rounded, personalized seasoning.

2. SZECHUAN PEPPER The unique flavor of these peppercorn-like dried berries make them a favorite freshly ground flourish in Asian cuisines.

3. CUMIN Some of cumin's robust, smoky flavor gets lost when pre-ground and stored too long.

4. CORIANDER Once ground, the delicate, peppery flavor of these dried seeds, from the plant that gives us cilantro, can fade in storage.

5. FENNEL Ground fennel can be hard to find in the spice aisle; the seeds of the common fennel plant have a smoky, mild anise taste.

Heirloom Tomato Carpaccio with Four Peppercorn Mix

SERVES 4 | 30 MINUTES OR FEWER

Four Peppercorn Mix turns a late-summer salad into a sublime appetizer.

- 2 large heirloom or beefsteak tomatoes (1½ lb.), sliced
- 8 oz. fresh mozzarella, sliced
- 2 Tbs. olive oil
- 2 Tbs. Four Peppercorn Mix (recipe above)
- 1 Tbs. chopped fresh oregano

Slightly overlap tomato and mozzarella slices on serving platter. Drizzle with oil, season with salt (if desired), and sprinkle with freshly ground Four Peppercorn Mix. Garnish with chopped fresh oregano.

PER SERVING: 257 CAL; 12 G PROT; 20 G TOTAL FAT (9 G SAT FAT); 10 G CARB; 45 MG CHOL; 63 MG SOD; 2 G FIBER; 5 G SUGARS GF

Carrot Soup with Fennel Pesto

SERVES 6

Wispy fennel fronds from the tops of fresh fennel bulbs are ground with fennel seeds to make a flavorful pesto.

SOUP

- 2 Tbs. olive oil
- 1 medium leek, thinly sliced (1½ cups)
- 4 large shallots, thinly sliced (1¼ cups)
- 4 cloves garlic, minced (1½ Tbs.)
- 1 cup dry white wine
- 1¾ lb. carrots, sliced (4 cups)
- 3 cups low-sodium vegetable broth

PESTO

- ½ tsp. fennel seeds
- 1 Tbs. chopped fennel fronds or fresh dill
- 1 Tbs. pine nuts
- 1 small clove garlic, minced
- ⅛ tsp. sea salt
- 2 Tbs. olive oil
- ½ tsp. grated lemon zest

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Sea salt and Szechuan pepper is a miracle combination that with its spicy, citrusy burst of flavor can transform a dish.

Szechuan Pepper Salt

MAKES ¼ CUP

In Asian cuisine, this spice combination is often sprinkled over deep-fried foods or used to finish stir-fries. The dried berries need to be toasted before grinding to release their distinctive flavor.

- ½ cup Szechuan pepper
- 3 tsp. fine sea salt

Heat small skillet over medium-low heat. Add Szechuan pepper, and cook 4 to 5 minutes, or until fragrant and slightly darker in color, shaking pan frequently. (If pepper starts smoking, immediately remove from pan or it will become bitter.) Transfer to small bowl to cool. Pound in mortar and pestle, or grind in electric grinder to fine powder. Stir in salt. Store in small jar.

1. To make Soup: Heat oil in saucepan over medium-high heat. Add leek and shallots, and sauté 4 minutes. Stir in garlic and wine; simmer 5 minutes. Add carrots, broth, and 2 cups water. Cover, reduce heat to medium-low, and simmer 45 minutes, or until carrots are tender.
2. To make Pesto: Heat fennel seeds in skillet over medium heat 3 to 4 minutes, or until seeds darken, shaking pan frequently. Transfer to bowl, and cool. Place in mortar and pestle, and pound until finely ground. Add fennel fronds, pine nuts, garlic, and salt, and pound to paste. Stir in oil and lemon zest.
3. Purée Soup in blender until smooth. Thin with up to 1 cup water, if necessary, to achieve desired consistency. Serve Soup garnished with Pesto.

PER SERVING (1 CUP SOUP PLUS 2 TSP. PESTO): 219 CAL; 3 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 20 G CARB; 0 MG CHOL; 175 MG SOD; 4 G FIBER; 8 G SUGARS V GF

Haricots Verts Stir-Fry with Szechuan Pepper Salt

SERVES 6 | 30 MINUTES OR FEWER

Crisp-tender thin green beans add a touch of elegance to a basic stir-fry. To give the dish a salty-spicy crunch, use more Szechuan Pepper Salt.

- 1 lb. extra-thin green beans (haricots verts), trimmed
- 2 Tbs. canola oil
- 1 lb. extra-firm tofu, drained and cut into 1-inch cubes
- 4 cloves garlic, minced (4 tsp.)
- 2 Tbs. minced fresh ginger
- 2 cups mung bean sprouts (4 oz.)
- 6 green onions, thinly sliced on bias
- 2 Tbs. low-sodium soy sauce or tamari sauce
- 1½ Tbs. toasted sesame oil
- 2¼ tsp. Szechuan Pepper Salt (recipe above)

1. Cook green beans in large pot of boiling salted water 4 minutes, or until crisp-tender. Drain, and dunk in large bowl of cold water. Drain again, and pat dry with paper towels.
2. Heat oil in wok or large skillet over medium-high heat. Add tofu, and stir-fry 8 to 10 minutes, or until golden brown on all sides. Transfer to paper-towel-lined plate with slotted spoon to drain.
3. Add garlic and ginger to wok, and sauté 30 seconds, or until fragrant and beginning to brown. Add green beans, bean sprouts, and green onions, and stir-fry 1 minute, or until green beans begin to brown. Add tofu, soy sauce, sesame oil, and Szechuan Pepper Salt, and toss to coat.

PER 1-CUP SERVING: 194 CAL; 11 G PROT; 13 G TOTAL FAT (1 G SAT FAT); 13 G CARB; 0 MG CHOL; 457 MG SOD; 5 G FIBER; 3 G SUGARS V

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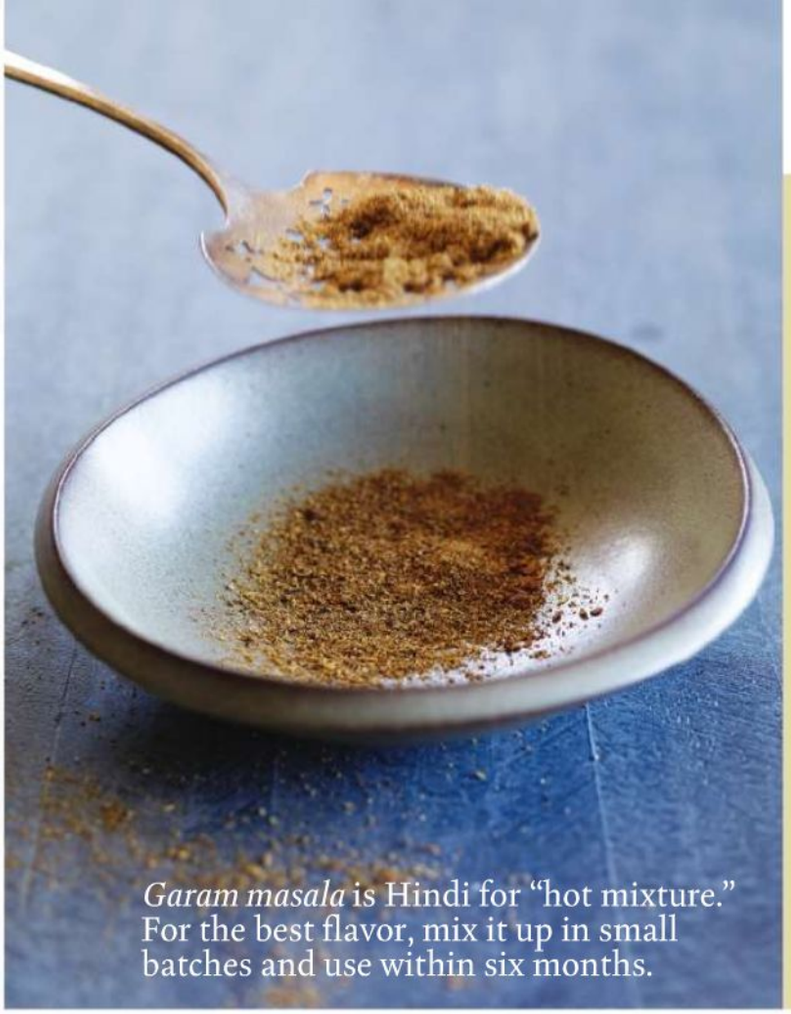

Garam masala is Hindi for "hot mixture." For the best flavor, mix it up in small batches and use within six months.

Garam Masala

MAKES ¾ CUP

Once you've gotten the hang of roasting whole spices, it's a snap to make your own version of this beloved Indian blend.

- ¼ cup whole cumin seeds
- 1 ½-inch piece cinnamon stick
- 2 Tbs. whole coriander seeds
- 1 Tbs. green cardamom pods
- ½ tsp. black peppercorns
- ½ tsp. red pepper flakes
- ½ tsp. whole cloves

1. Heat skillet over medium-low heat. Add all ingredients, and cook 12 minutes, or until light brown, shaking pan frequently. Cool.
2. Crush cardamom pods to release seeds inside. Discard pods, and grind cardamom seeds and cooled, roasted spices to fine powder with mortar and pestle or in spice grinder.

Tricolor Charred Peppers with Cumin-Coriander Vinaigrette

SERVES 6

A vinaigrette with pan-roasted coriander and cumin seeds perfectly complements the sweetness of charred peppers.

- 6 large red, yellow, and green bell peppers
- 1 tsp. cumin seeds
- ½ tsp. coriander seeds
- 2 Tbs. olive oil
- 2 tsp. aged sherry wine vinegar
- ¼ tsp. sea salt

1. Roast bell peppers on baking sheet under broiler until skins are black on all sides, turning occasionally. Transfer to bowl, cover, and cool 15 minutes. Halve bell peppers, remove seeds, rub off skins, and slice in ½-inch-thick strips.
2. Heat skillet over medium-high heat. Add cumin and coriander seeds, and cook 2 minutes, or until brown and fragrant, shaking pan constantly. Cool on plate. Pound to coarsely ground consistency in mortar and pestle, or grind in spice mill. Transfer to bowl. Whisk in oil, vinegar, and salt. Arrange pepper strips in rows on platter, and drizzle vinaigrette over top.

PER ½-CUP SERVING: 93 CAL; 2 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 13 G CARB; 0 MG CHOL; 70 MG SOD; 3 G FIBER; 5 G SUGARS

Vegetable Rice Pilaf with Garam Masala

SERVES 6

Butter infused with our Garam Masala gets drizzled over this filling pilaf entrée.

- 3 Tbs. canola oil, divided
- 1 red potato, peeled and diced (1 cup)
- 1 medium red bell pepper, diced (1 cup)
- 3 cloves garlic, minced (1 Tbs.)
- 1½ tsp. whole cumin seeds
- 1½ tsp. ground turmeric
- ¼ tsp. red pepper flakes
- 2 bay leaves
- 1½ cups broccoli florets
- 1½ cups cauliflower florets
- 1 cup fresh or frozen corn kernels
- 1 cup white basmati rice
- ¼ cup toasted slivered almonds, optional
- 1½ tsp. Garam Masala (recipe above)
- 1½ Tbs. melted butter or ghee

1. Heat large skillet over medium-high heat. Add 2 Tbs. oil and potato. Cook 2 minutes. Add bell pepper, and sauté 6 minutes, or until diced potato is golden. Transfer to bowl, and set aside.
2. Add remaining 1 Tbs. oil, garlic, cumin, turmeric, red pepper flakes, and bay leaves to wok or skillet. Sauté 30 seconds. Add broccoli, cauliflower, and corn, and sauté 30 seconds. Add rice and 2 cups water. Reduce heat to medium-low, cover, and simmer 20 minutes, or until liquid has been absorbed. Remove from heat, and let stand 2 minutes, then fluff with fork. Stir in almonds, if using, and potato mixture. Mix Garam Masala with melted butter; drizzle over pilaf.

PER 1½-CUP SERVING: 280 CAL; 6 G PROT; 11 G TOTAL FAT (3 G SAT FAT); 42 G CARB; 8 MG CHOL; 43 MG SOD; 3 G FIBER; 3 G SUGARS

Viviane Bauquet Farre shares her cooking expertise in classes at her home in Piermont, N.Y., and on her Web site, foodandstyle.com.

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A delicately spiced carrot soup releases the aromas of hand-crushed pesto made with fennel seeds and fennel greens.

Carrot Soup with Fennel Pesto, p. 68

HANDS-ON OR HIGH SPEED?

Find the right spice grinder for your cooking needs.

Mortar and pestle The advantages to this traditional tool: the two components are easy to clean, and manually crushing spices lets you prepare smaller amounts than you could in an electric gadget. **WE LIKE:** Le Creuset Mortar & Pestle: $28; abt.com

Pepper (or spice) mill Not just for freshly grinding black pepper. You can fill different pepper mills with peppercorn mixes, whole coriander seeds, or Szechuan Pepper Salt (p. 69). **WE LIKE:** Peugeot Nancy 7-inch Acrylic Pepper Mill; $28; amazon.com

Spice grinder Size and stability are the selling points of this machine, which is designed to grind spices to a fine powder. **WE LIKE:** Cuisinart Spice & Nut Grinder: $39.95; williams-sonoma.com

Coffee grinder The perfect grinder for medium-sized spice batches. The high-speed blades pulverize even such tough items as whole cloves and flaxseeds. **WE LIKE:** Krups Coffee Grinder: $19.95; cooking.com

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1 FOOD 5 WAYS

BY Laurie Gauguin

NUTRITIONAL PROFILE

1/2 CUP COOKED CAULIFLOWER CONTAINS:

- 58 CALORIES
- 28 MG VITAMIN C
- 88 MG POTASSIUM
- 27 MCG FOLATE
- 1 G FIBER

SOURCE: USDA NATIONAL NUTRIENT DATABASE

cauliflower

Cauliflower's a vegetable that's hard to categorize. Is it a soup ingredient? A salad fixing? A potato substitute? A mellower-flavored cousin of cabbage?

"Cauliflower can do anything you want it to," says chef Eric Tucker of San Francisco's Millennium restaurant. Tucker's favorite way to cook cauliflower defies categorization as well: rather than steaming or roasting the vegetable, he likes to sear it over high heat. "It caramelizes the sugars closest to the skin, and it's just a wonderful flavor," Tucker explains. Read on for more recipes that showcase the many uses of one-of-a-kind cauliflower.

PHOTOGRAPHY Carin Krasner FOOD STYLING Valerie Aikman-Smith PROP STYLING Jennifer Flanagan

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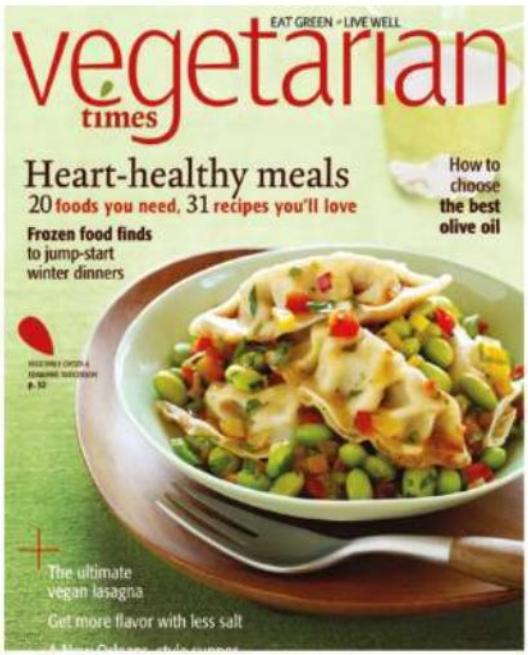

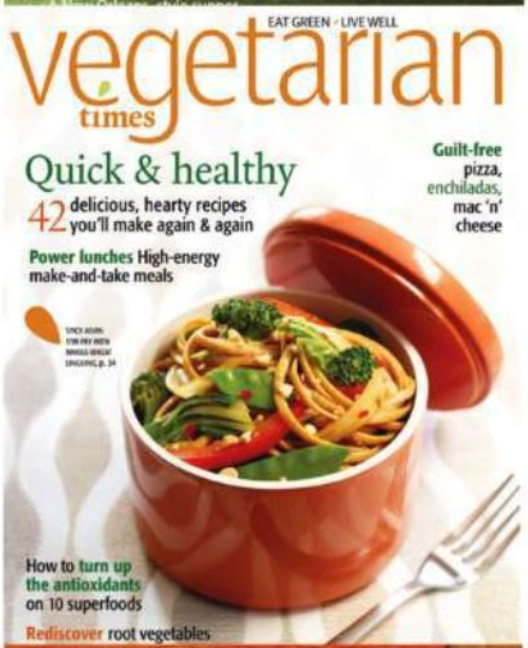

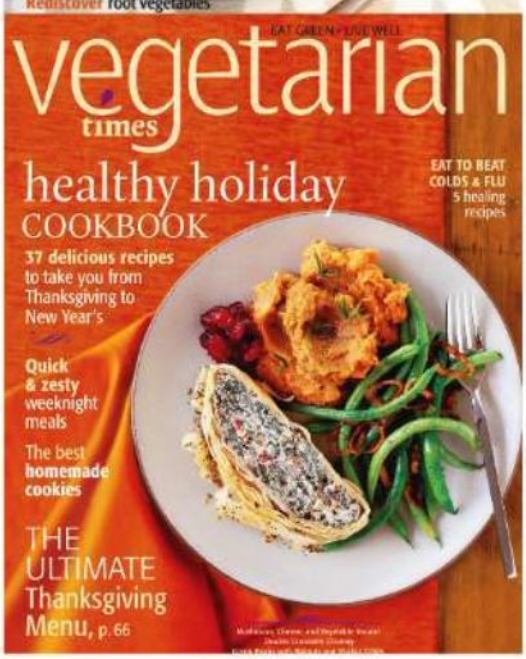

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From creamy soups to crunchy salad additions, cauliflower's the ultimate can-do vegetable

FLOWER POWER Scientists at the University of Pennsylvania School of Medicine showed that thiocyanate, an antioxidant found in cauliflower and broccoli florets, can protect the body's cells from inflammation-related damage. Research suggests that getting enough thiocyanate in your diet may reduce the risk of certain conditions, including cardiovascular disease, neurodegeneration, and diabetes.

Cauliflower Gratin with Tomatoes, Capers, and Feta, p. 74

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Creamy Cauliflower Soup with Apple and Tarragon

SERVES 4 | 30 MINUTES OR FEWER

This soup gets its golden hue from a pinch of ground turmeric.

- 5 cups chopped cauliflower florets (1 lb.)
- 1½ cups unsweetened apple juice
- 1¼ cups reduced-sodium vegetable broth
- 1 small onion, diced (1 cup)
- ½ tsp. ground coriander
- 2 tsp. chopped fresh tarragon, plus more for garnish
- 1 pinch ground turmeric

1. Bring cauliflower, apple juice, broth, onion, and coriander to a boil in saucepan over medium heat. Cover, and simmer 15 minutes, or until tender.

2. Blend cauliflower mixture, tarragon, and turmeric in blender until smooth. Season with salt and pepper, if desired. Garnish with tarragon.

PER 1-CUP SERVING: 100 CAL; 3 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 22 G CARB; 0 MG CHOL; 89 MG SOD; 4 G FIBER; 14 G SUGARS V GF

Cauliflower Gratin with Tomatoes, Capers, and Feta

SERVES 4 | 30 MINUTES OR FEWER

Make this light entrée a day ahead, then broil just before serving.

- 1 lb. medium-sized cauliflower florets
- 2 tsp. olive oil
- ¾ cup chopped onion
- 2 cloves garlic, minced (2 tsp.)
- 1 14.5-oz. can low-sodium chopped tomatoes
- 2 Tbs. drained capers
- ¼ cup crumbled feta cheese (1½ oz.)
- 1½ Tbs. chopped fresh dill

1. Steam cauliflower 4 to 6 minutes in steamer basket, or until tender.
2. Preheat broiler. Heat oil in saucepan over medium-low heat; add onion and garlic, and cook 5 minutes. Add tomatoes and capers, increase heat to medium-high, and cook 7 minutes. Spread tomato mixture in 2-qt. gratin dish, top with cauliflower, and sprinkle with feta.
3. Broil gratin 5 to 6 minutes, or until feta is browned. Sprinkle with dill.

PER 1-CUP SERVING: 109 CAL; 5 G PROT; 5 G TOTAL FAT (2 G SAT FAT); 14 G CARB; 8 MG CHOL; 309 MG SOD; 5 G FIBER; 7 G SUGARS GF

Creamy Cauliflower Soup with Apple and Tarragon

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Cauliflower Mash with Miso and Sage

SERVES 4 | 30 MINUTES OR FEWER

Mashed cauliflower is a delicious, low-starch alternative to mashed potatoes. Here, we've flavored it with tangy miso and fresh sage, but you could also season the mash with olive oil and your favorite herbs.

- 2 tsp. vegetable oil
- ⅔ cup chopped onion
- 5 cups chopped cauliflower florets (1 lb.)
- 1 medium carrot, cut into ¼-inch-thick slices
- 2 Tbs. white miso
- ⅛ tsp. ground sage

1. Heat oil in medium saucepan over medium heat. Add onion, and sauté 4 to 5 minutes, or until browned.
2. Add cauliflower, carrot, and ½ cup water. Bring to a boil. Reduce heat to medium-low, cover, and simmer 10 to 12 minutes, or until vegetables are very tender. Add 2 to 3 Tbs. water if pot becomes too dry before vegetables are cooked.
3. Drain off any liquid. Pour cauliflower mixture into food processor, add miso and sage, and purée 2 to 3 minutes, or until smooth. Season with salt and pepper, if desired.

PER ½-CUP SERVING: 86 CAL; 5 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 14 G CARB; 0 MG CHOL; 322 MG SOD; 5 G FIBER; 6 G SUGARS V

Marinated Cauliflower Salad

SERVES 4

A lemony marinade tenderizes cauliflower florets just enough to give them a slightly chewy texture that still crunches. Serve alongside a hummus sandwich or other Mediterranean-style offerings, or use as a two-in-one topping and dressing for a simple tossed salad.

- 3 Tbs. lemon juice
- 1 Tbs. Dijon mustard
- 1 clove garlic, minced (1 tsp.)
- 1 tsp. olive oil
- 2 cups bite-sized cauliflower florets (8 oz.)
- 1 small red bell pepper, cut into ¾-inch dice (1 cup)
- 2 Tbs. chopped fresh parsley
- ¼ cup shaved Parmesan cheese, optional

1. Whisk together lemon juice, mustard, garlic, and oil in small bowl. Toss with cauliflower in large nonreactive bowl, cover, and refrigerate 4 to 8 hours. Stir 1 or 2 times while marinating.
2. Stir bell pepper and parsley into marinated cauliflower. Season with salt and pepper, if desired, and sprinkle with shaved Parmesan, if using.

PER ¾-CUP SERVING: 43 CAL; 2 G PROT; 1 G TOTAL FAT (<1 G SAT FAT); 7 G CARB; 0 MG CHOL; 109 MG SOD; 2 G FIBER; 3 G SUGARS GF

Cajun Cauliflower Hash

SERVES 4 | 30 MINUTE OR FEWER

Serve this hash for breakfast or brunch as a low-calorie twist on a classic dish. Make a day ahead, and reheat when ready to serve.

- 1½ tsp. chili powder
- ½ tsp. dried thyme
- ¼ tsp. salt
- ¼ tsp. ground black pepper
- 1 Tbs. olive oil
- ¾ cup chopped onion
- 2 cloves garlic, minced (2 tsp.)
- 2 cups diced cauliflower florets (8 oz.)
- 1 celery stalk, diced (¼ cup)
- 1 cup frozen hash brown potatoes (not patties)
- ¾ cup diced green bell pepper
- 1 Tbs. chopped parsley

1. Combine chili powder, thyme, salt, and pepper in small dish. Set aside.
2. Heat oil in large skillet over medium heat. Add onion and garlic, and sauté 3 to 4 minutes, or until onion is translucent. Add chili powder mixture, and cook 30 seconds.
3. Add cauliflower, celery, and ⅓ cup water. Cover, and cook 4 minutes, stirring occasionally.
4. Add potatoes and bell pepper. Cover, and cook 3 to 4 minutes, or until cauliflower is crisp-tender. Add 2 to 3 Tbs. water during cooking if mixture becomes dry. Remove from heat. Stir in parsley, and serve.

PER ¾-CUP SERVING: 85 CAL; 2 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 12 G CARB; 0 MG CHOL; 182 MG SOD; 3 G FIBER; 3 G SUGARS V GF

Freelance writer and personal chef Laurie Gauguin has been known to turn her private clients into cauliflower lovers.

Marinated Cauliflower Salad

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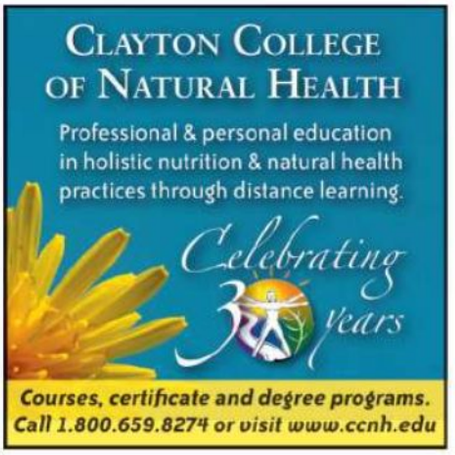

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Vegan and/or gluten-free recipes are tagged with V and GF symbols.
Look for these symbols at the end of each recipe, with the nutritional information.

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BY Ligaya Figueras

Emily Deschanel

The *Bones* star opens up about life behind the scenes

This September, Emily Deschanel, 33, begins a sixth season playing forensic anthropologist Dr. Temperance Brennan on the Fox TV series *Bones*. Unlike Brennan—described by Deschanel as "very guarded emotionally"—the star and coproducer of the show is happy to talk about her life behind the scenes. Vegetarian since age 13, Deschanel went vegan a few years later.

Q Were your parents and sister [actress/musician Zooey] supportive of your decision to go veg?

A My family was always supportive—with teasing. My dad would joke about it, saying things like, "These are pork potatoes." He made jokes all the time, still does. But sometimes I think they all eat less meat because of my decision.

Q In an early episode of *Bones*, Brennan says she's a vegetarian. Was that your idea?

A I can't remember if it was my idea or not. I didn't want her to become vegan—and she's a vegetarian for health reasons, not because of animal rights. It's important to keep a separation between actor and character. I do always ask for episodes touching on animal rights in some way. And I ask that there's a character to present the case for animals in every episode.

Q What's your strategy for maintaining a vegan diet?

A I think planning ahead is really important and definitely worth it.

Q Is it true that you have a soy allergy?

A It's more of a soy intolerance. I got tested, and when I took soy out of my diet, my stomach issues resolved. I can have little bits of it now.

Q What's your favorite dish to prepare?

A I just made the Lemony Roasted Potatoes from *Veganomicon*. I cooked the potatoes with the skins on. They were so good!

Q What's your ideal vegan meal?

A It depends on my mood. I used to love seitan piccata; now I'm into soups. I find soups so comforting and delicious. And I love dessert. I try not to eat dessert too much, but if chocolate's involved, I'm going to have it.

Q How do you act on your commitment to animal rights?

A I'm a supporter of Farm Sanctuary, PCRM [Physicians Committee for Responsible Medicine], and HSUS [Humane Society of the United States]. My main concern is farm animals because it is such a huge industry. People don't even know what they are supporting by what they eat. So I do what I can to get awareness out about that. I host events, give money and time, and write letters of support. With PCRM, I wrote a letter in support of the Great Ape Protection Act [introduced in March 2009 in the U.S. House of Representatives], which calls for releasing apes from federally [owned or controlled] laboratories.

Q How have you "greened" your lifestyle?

A I drive a hybrid car. And my home is fairly green. Going vegetarian or vegan is certainly a way to lessen your footprint on the Earth. It's upsetting to me that so many people think of themselves as environmentalists and still eat meat and dairy products. I think it's something people should be considering given the emergency situation we're in regarding water supplies, global warming, and the destruction of ecosystems. There's a lot of overlap between animal rights and the environment.

St. Louis–based writer Ligaya Figueras can often be found in the kitchen preparing comforting vegetable soups and other meat-free fare.

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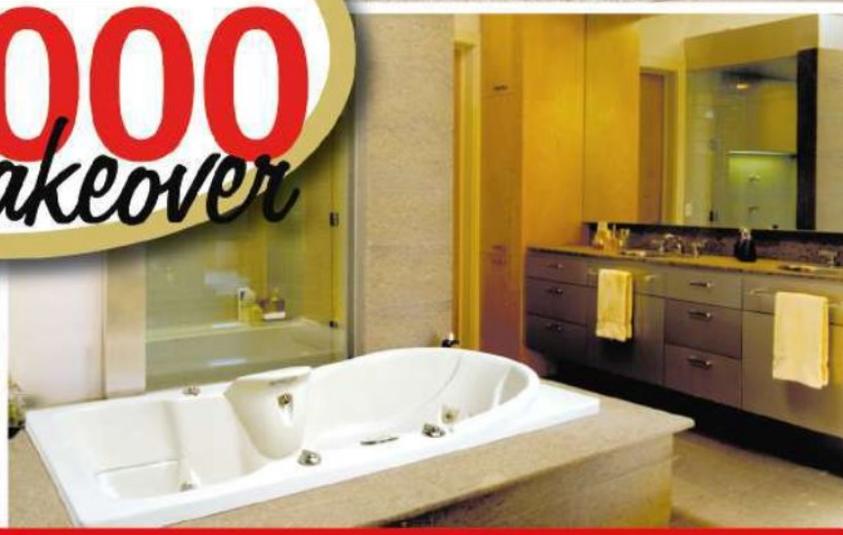

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